

**DR.OZ**

24 NEW FOODS TO LOVE! p. 69

# THE GOOD LIFE

October 2015

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**Dr. Oz's  
Delicious  
New Plan**

**Feeling Tired,  
Cranky...  
A Little Off?  
How to Fix That**

**Hair Color to  
Make You  
Look Younger**  
Your Better Shade p. 58

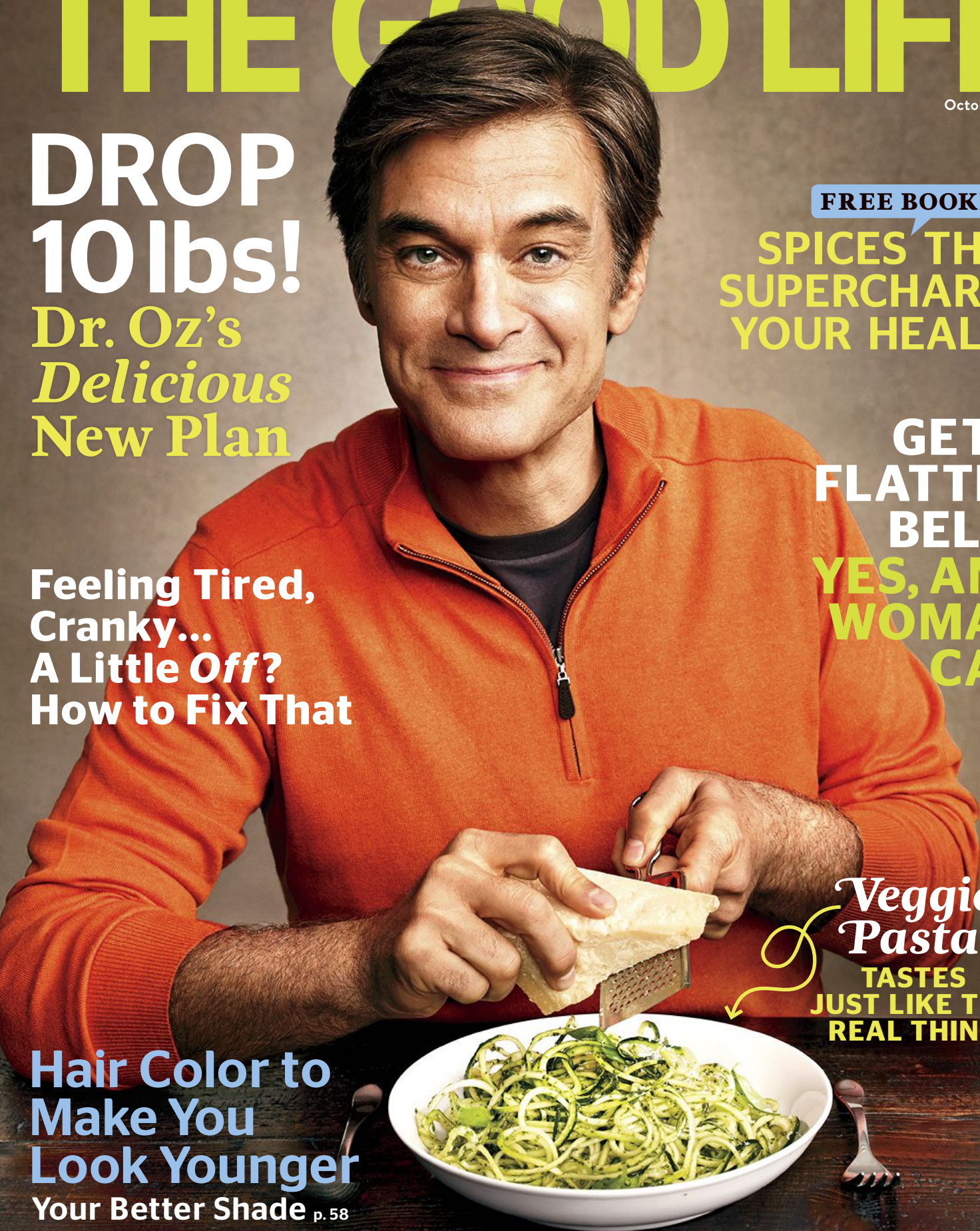
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## Dr. Oz From the Heart America's Food Revolution

On an airplane flight about 10 years ago, I discovered that the man I was sitting next to worked for a large food company. I started ribbing him, semi-seriously, about the amount of salt in one of its signature products. He confessed to me that the manufacturer had actually slashed the salt content of the product in half. But—get this—the company hadn't rolled that fact out to the public. Why? If people thought it had become a health food, he told me, they would stop buying it.

That was a major moment for me. I was stunned that companies might perceive nutritious ingredients to be a bad thing that could repel consumers.

Today, Americans are driving a turnaround, saying—loud and clear—we want nourishing, satisfying food. Of course, we all indulge now and then, but the stuff we rely on for our three squares? We want it to be wholesome. In one survey, for example, 40% of consumers said it's important for products not to have artificial colors or flavors. The excellent news? Companies are responding. Thankfully, manufacturers of good-for-you items no longer fear a scarlet *H*—they know that healthy sells.

A decade after my conversation on that plane, there's a flood of changes happening in the food world. For instance, Panera Bread announced that



Email me!  
Comments,  
questions, smart  
ideas? Send them  
to me at [DrOz@  
hearst.com](mailto:DrOz@hearst.com).

Finally! It's getting  
easier to make every  
meal this healthy.

it will remove a long list of impossible-to-pronounce ingredients from many menu items. Kraft Macaroni & Cheese will switch to turmeric, paprika, and annatto instead of artificial colorings. I Can't Believe It's Not Butter! simplified its formula and removed artificial preservatives, and plenty of other companies have jumped on the trend (flip to page 69 to catch up on all the moves).

Even the cafeteria at my hospital is getting in on the act. Once a warehouse of boring, fill-you-up-and-weigh-you-down food (lots of white bread, sugary cereals, and flavorless vegetables), it's now brimming with deliciously smart options. I usually grab some chicken or fish and one of the veggie soups. At this magazine's offices in the Hearst Tower

in New York, an enormous salad bar dominates the cafeteria real estate, and the perimeter is chock-full of options like grilled salmon, veggie burgers, hummus, and sushi. On a recent visit to Google's headquarters, I had to hunt around to see the sugary offerings, tucked a little bit out of sight.

I'm excited about all this! Increasingly, you can make the best decisions for your body and your family without an inconvenient detour or an advanced degree in label reading. Healthier is getting easier, and easy always feels great.



# DR. OZ THE GOOD LIFE

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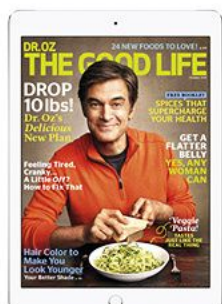
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tiny recipe

FROM OUR COVER:  
PESTO "ZOODLES"

In a food processor, pulse 2 cups each packed **basil** and **baby kale**,  $\frac{1}{4}$  cup **walnuts**, 1 **garlic clove**,  $\frac{1}{2}$  tsp coarse salt, and  $\frac{1}{4}$  tsp **red pepper flakes**. Whir in  $\frac{1}{2}$  cup **extra-virgin olive oil**. Stir in  $\frac{1}{4}$  cup grated **Pecorino cheese**. Toss with raw zucchini noodles (from about 4 medium **zucchini**); see page 75 for "zoodling" tips. Season with pepper; top with **lemon zest**. Serves 4. 140 cal

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**Cover Credits** Dr. Oz photographed in New York by Art Streiber. Styling by Andy Salmen at the Wall Group. Hair by Anne Sampogna. Makeup by Linda Melo. Prop styling by Shawn Patrick Anderson at Bridge Artists. Food styling and recipe by Christine Albano. T-shirt, J.Crew. Sweater, Saks Fifth Ave.







# Your Smart Ideas

For a healthy start to fall, try these feel-good discoveries and guilt-free treats from our favorite experts...you. Send more to [Tips@DoctorOzMag.com](mailto:Tips@DoctorOzMag.com).

## DESSERT DATE

**"When I have a craving for sweets, this takes seconds to make: Medjool dates with organic peanut butter spread on top. It's better than candy!"** —Patty Magovern

## SKIN SOOTHER

**"Witch hazel is a beauty product I swear by. I use it on my face every night as a toner to balance my oily skin and treat blemishes."**

—Emily Kolk

## DIY HAIR CLEANSE

**"Once a week I wash my hair with about ¼ cup baking soda and ½ cup apple cider vinegar instead of using regular shampoo and conditioner. It rinses residue away and makes my hair shiny, soft, and tangle-free."** —Misty Scott

## UNPLUG TO REBOOT

**"Every day, I disconnect for at least 20 minutes—no cell, email, computer, TV, or radio—and pick up a light read. Once my 20 minutes are up, I'm more relaxed and ready to take on the demands of the evening."** —Amber Chalon Snell

## SWEET SATISFACTION

**"Completely melt 12 oz dark chocolate chips in a large microwave-safe bowl (about two minutes with lots of stirring). Mix in 1 sleeve Fiber One Cereal and stir until well blended. Scoop out rounded clumps and place on a cookie sheet, and stick in the fridge for about a half hour or until clusters are hard. Voilà! A delicious, high-fiber snack to give you that chocolate fix."**

—Ashley Introne

## TONE YOUR TORSO

**"I take belly dancing classes twice a week! My advice: Pick an exercise you love and will actually do."**

—Suzanne Ormsby

## FOR A FUN A.M. RUN

**"I create playlists that help me look forward to my runs and motivate me to get out of bed. One of my go-to songs is Katy Tiz's 'Whistle (While You Work It)'; the beat matches my foot-strike, pumps me up, and makes the time go by faster."** —Katie Potter

What's your favorite way to stay active when the weather turns cold? Send tips to [Tips@DoctorOzMag.com](mailto:Tips@DoctorOzMag.com). Submissions may be edited for length and clarity.

## GIVE BACK, FEEL GREAT

**"I visit a nursing home every two weeks and bring a few of the older residents items they ask for, like newspapers, cookies, or makeup. It makes them happy, and me too. Giving back and thinking of others is really good for the soul."** —Virginia Flaherty





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# DR.OZ THE GOOD LIFE

## Superfood of the Month

Submit your own smart idea for an upcoming superfood star: pomegranate! We'll feature one reader tip, so email yours to [DrOzSuperfoodTip@hearst.com](mailto:DrOzSuperfoodTip@hearst.com).

## Winter Squashes

These low-cal veggies have nutrients galore, including the antioxidant beta-carotene.

I cut acorn squash in half and bake it with a little butter and maple syrup, plus salt, pepper, and cinnamon. Lots of cinnamon.

In a skillet, I layer corn chips with Brie, cranberries, and caramelized squash cubes and Brussels sprouts to make fancy nachos.

I stew butternut squash and root veggies with Indian or Moroccan spices and serve them over whole wheat couscous.

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I mix roasted butternut squash, sautéed kale, and toasted almonds with a lemon-based vinaigrette and Parmesan cheese.

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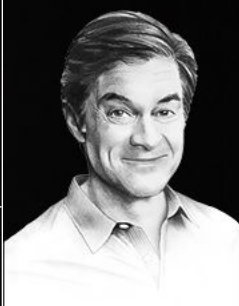


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Is maple syrup better? Should you take a mani break? Find out here.

10.15



# ASK DR. OZ ANYTHING

Your Burning Questions Answered!

## Q If you need a little Halloween candy, which is best?

**OZ SAYS** I'm not going to tell you to pass up the sweets and eat raisins instead. Just make good candy choices—yes, I did just say “good” and “candy” in the same sentence. See which weigh in a little better than the rest.

### **For the chocolate lover** A SNACK-SIZE HERSHEY'S BAR

**WHY** It's the lowest-calorie choice of all of the season's bestsellers. While dark chocolate is generally better, says Karen Ansel, M.S., R.D.N., one study found that people who regularly ate a little bit of any chocolate were less likely to develop heart disease.

**STATS** Just 63 calories for a snack-size bar (and 7 g sugar, 3.6 g fat).

### **For the traditionalist** CANDY CORN

**WHY** It's a classic, and you can eat a satisfying amount for not too many calories.

**STATS** 21 pieces deliver about 150 calories and no fat (but at around 27 g per serving, it's no sugar bargain).

### **For fans of the chew** TWIZZLERS

**WHY** Even if you have six of these, you'll chomp down just 180 cal's. Since they take a while to eat, you're less likely to buzz through too many.

**STATS** 30 calories per piece, 3.75 g sugar, and 0 g fat



#### WHAT TO DO WITH LEFTOVER CANDY

Drop it in the mail to Operation Shoebox or Operation Gratitude; these nonprofits include it in the care packages they send to the troops. (See their websites for details.)





Q

**WHICH IS BETTER:  
REGULAR MILK OR THE NEW,  
ULTRAFILTERED KIND?**

**OZ SAYS** Both are great. If a nifty new product pushes you to drink more milk and get the important calcium and protein it packs, then go for it. One brand, Fairlife, has half the sugar, no lactose, 50% more protein, and 30% more calcium. All good, and the truth is, “regular milk is fine, too,” says Lisa Young, Ph.D., R.D., an adjunct professor of nutrition and public health at New York University. It already contains about 300 mg of calcium and about 8 grams of protein. (Most of us get enough protein anyway, without having to drink extra.)

That said, the ultrafiltered type might be worth its higher price for people who are lactose-intolerant. Most lactose-free milks contain an enzyme that helps you digest milk better. But Fairlife filters lactose out, so it tastes more like regular milk—and it’s generally cheaper than the standard lactose-free kind.

Q

**IS MAPLE SYRUP  
A HEALTHIER  
SWEETENER?**



**OZ SAYS** Maple syrup is basically sugar, though it does contain some nutrients that regular white sugar doesn’t, including calcium, zinc, and potassium. But you’d have to down a half cup of it (that’s 420 calories) to get meaningful amounts of those minerals. Compared with table sugar, maple syrup scores slightly better on the Glycemic Index (GI), a measure of how much a food affects your blood sugar, so it spikes it less. Such a small difference in GI value wouldn’t have much of an effect on your health as a whole, though.

If you like the flavor of maple syrup, by all means drizzle some onto your oatmeal or yogurt. Just factor it into your daily added-sugar budget, which should be within 6 to 9 teaspoons a day. And be sure you’re using the real deal: Many bottles of “pancake syrup” don’t contain any true stuff from trees—they’re simply high-fructose corn syrup with caramel coloring and artificial flavor. “Pure maple syrup” should be the only ingredient on the label.



□ TRY IT OR □ SKIP IT?

## GIVING NAILS A BREAK FROM REGULAR MANICURES



**THE CLAIM** If you take an occasional vacation from polishes and removers, your nails will rehydrate and grow out stronger.

**OZ SAYS** It's not so much the polish that's tough on nails; removers, some of which are similar to paint thinners, can stress your tips out. If that's happening to you, taking a breather from the manicure process for two to three weeks is a smart move, according to dermatologist Dana Stern, M.D., and New York City-based manicurist Mimi Wilson.

How to make nails look good in the meantime:

Use a fine-grit buffer to minimize any stains or discoloration, and slather on cuticle oil frequently to keep nails hydrated. Got yellow stains from using dark polish? Try graduating to lighter and lighter colors before you take your break and go nail-naked.

When you get back to your painting routine, do what you can to make each mani last longer (old-school but smart: Wear gloves when doing dishes!) so remover meets your nails less frequently. And use a less harsh, nonacetone product like those on page 46.

 **TRY IT**

A mask does only part of the germ-shielding job. If you don't wash your hands when it's not on, you just looked goofy for nothing.



**Q DOES WEARING A SURGICAL MASK WHEN YOU'RE IN PUBLIC ACTUALLY KEEP YOU FROM GETTING SICK?**

**OZ SAYS** It won't land you on any best-dressed lists, but a mask can help you dodge cold and flu misery. Covering your mouth and nose with a well-fitting surgical mask prevents you from breathing in airborne particles that viruses have hitched themselves to, says Allison Aiello, Ph.D., a professor of epidemiology at the UNC Gillings School of Global Public Health. In fact, her research has shown that college

students who wore masks for at least six hours a day during flu season were as much as 75% less likely to get sick—assuming they also used an alcohol-based hand sanitizer regularly when they weren't sporting one. It's one of those situations where expert opinion (“Do it when you're near sick people!”) collides with reality (“This would never fly at work”). Still, on a plane with a cougher next to you, it might be worth the raised eyebrows.

Sorry—you can't just toss a scarf over your nose and mouth; the fabric is probably too porous to do the job, and it won't stay on your face the same way, Aiello says. If you actually want to try this, go all the way with a regular “ear loop” mask—it's tightly woven enough to keep those small particles out of your airways.





□ TRY IT OR □ SKIP IT?

## SHAVING YOUR FACE FOR A SMOOTHER COMPLEXION

**THE CLAIM** Celebrity facialists are telling their clients to use razors to remove upper-lip, chin, and sideburn hair as well as all-over peach fuzz. The selling point, they say: It exfoliates dead cells, leaving skin baby-soft.

**OZ SAYS** Put that razor down! Shaving might make your skin feel nice and smooth—for about a day. After that? Since a blade chops hair bluntly, it feels much coarser when it grows back than it does when a natural, tapered tip pokes out, says Kavita Mariwalla, M.D., an assistant professor of dermatology at Stony Brook University. You wind up feeling hairier—the opposite of what you were after. Stick with waxing, she says, which allows hair to grow back with a finer tip. And for that silkiness you're after, keep it simple with a gentle scrub, washcloth, or cleansing brush.

✓ **SKIP IT**

Q

## IS THERE A WAY TO MICROWAVE VEGGIES SO THEY LOSE FEWER NUTRIENTS?

**OZ SAYS** Yes, and it's pretty easy: Zap them for the least amount of time possible with little or no water in the bowl. The longer veggies cook, the more nutrients are nixed, especially vitamin C and folate. Add water and vitamin levels dwindle more, as they're leached away into the liquid.

The best way to get veggies dinner-ready fast is with a microwave-safe steaming dish, so produce sits above the water. Even if some vitamins are lost, heating may boost other disease-fighting compounds, explains Rui Hai Liu, Ph.D., a food scientist at Cornell University. So, hey, don't make yourself crazy over broccoli cooking techniques. The bottom line: Fret less, eat more.



"NO!" PHOTOGRAPHED AND STYLING BY DANIELLE EVANS



□ TRY IT OR □ SKIP IT?

# DRINKING HOT LEMON WATER TO LOSE WEIGHT



**THE CLAIM** Celebs like Lauren Conrad, Miranda Kerr, and Naomi Campbell swig the stuff in the morning; proponents claim that it aids digestion, flushes out toxins, helps balance the body's pH levels, and speeds weight loss.

**OZ SAYS** Sure, it can help you drop pounds if you sip it in place of your usual Frappuccino with whipped cream. Otherwise, not so much. While H<sub>2</sub>O at any temperature (with or without lemon) is good for digestion—it helps break down food so you can absorb its nutrients, and softens stools to prevent constipation—the other claims don't hold

water. "Lemon doesn't burn fat or stimulate your metabolism, and the idea that warm water with lemon flushes out toxins is simply not true—your body already has its own detox system, and it's your liver, kidneys, skin, and lungs," says Madelyn Fernstrom, Ph.D., founding director of the Weight Management Center at the University of Pittsburgh. "It won't balance pH levels. Basically, a squirt of lemon juice has no biological effect." Now, if you really *like* sipping a mug of water with lemon first thing, drink up. But don't expect it to be a magic elixir.

☒ **SKIP IT**



## WHAT CAN YOU DO IF FISH OIL SUPPLEMENTS (BURP) JUST DON'T AGREE WITH YOU?

**OZ SAYS** Don't throw those capsules overboard until you tweak the type you swallow and the way you take them. Try these tips:

- ▶ **Make sure they're fresh.** Open the lid and take a whiff; an old fish scent means you should toss them right away. Next time, purchase only what you'll use in three or four months, and keep bottles tightly sealed in the fridge or freezer, where light and heat can't degrade them, says Jamile Wakim-Fleming, M.D., a gastroenterologist at Cleveland Clinic.

- ▶ **Buy "enteric-coated" capsules.** This coating keeps them from breaking down quickly, so pills move past your stomach and into your small intestine, where they finally do break down—too far along to stir up tummy trouble. The caveat: The stronger shell may not disintegrate well in some people, so if you notice a more oily stool, these may be going right through you.

- ▶ **Take fish oil with food,** and don't swallow it right before lying down.

- ▶ **Consider algae pills.** Fish oil supplements contain two forms of healthy fats—DHA and EPA. You can get the DHA part—which helps protect against coronary heart disease and keeps your brain, eyesight, and



mood healthy—from DHA algae oil (algae is where fish get their healthy fats to begin with). You'll be missing out on EPA, though, which is also thought to be good for heart health and depression. So shore up with regular servings of real fish, too. Choose fattier ones, like salmon and tuna.

Like any oil, fish oil can spoil. Make sure yours stays fresh.





WHEN A CRAVING  
FOR CHIPS  
STRIKES, CAN YOU  
HAVE SOME?

OZ SAYS

**YES,  
YOU  
CAN!**

Just be smart about it. My first suggestion: Make them your splurge of the day. "For many brands of chips, a serving rings in at about 150 to 200 calories, which is the ideal number for a daily 'treat' for most people," says Toronto-based nutritionist Abby Langer, R.D. So chips alone are OK, but chips plus ice cream plus penne alla vodka crosses the line. Second, and most important, is to keep an eye on serving size. For most chips, that's 1 ounce, or a big handful. It's more than you think in some cases (thank you, Fritos); check this chart for the count of some popular picks.

How many  
are in a  
serving?

32 Fritos

16 Original Sun Chips

14 Original Terra Chips

12 Original Ruffles

12 Cool Ranch Doritos

11 Way Better Snacks Naked Blues

10 Stacy's Simply Naked Pita Chips





# NOT TONIGHT, I'M TOO TIRED.

## WHEN "I'M TOO TIRED" IS MORE THAN JUST AN EXCUSE.

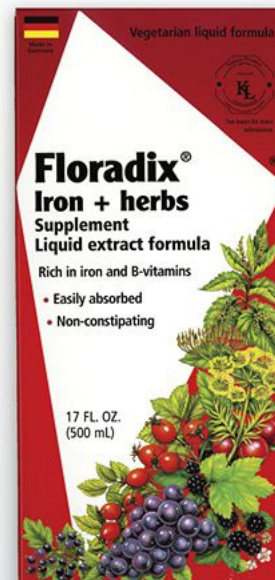
We've all faked a headache or used the excuse "I'm too tired" but the truth is many of us really are too tired...too tired for a little romance, too tired for exercise, and too tired to concentrate. Life is busy and trying to juggle family and work can leave you feeling exhausted and run-down...especially if you are iron deficient. Never mind the fact that those dark circles under your eyes and pale skin can leave you feeling unattractive. When going to bed early is your idea of a "good time", it's time for a change. Floradix is an easily absorbed, plant-based, nonconstipating, liquid iron supplement with no artificial additives or preservatives and has been helping women reclaim their energy for over 60 years.\* So redefine your definition of a "good time" with Floradix and rekindle the romance.



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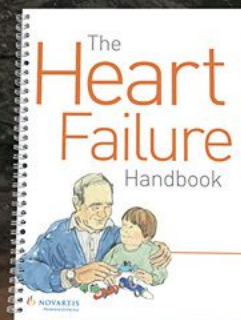




**WITH  
HEART FAILURE,  
DANGER IS ALWAYS  
ON THE RISE.**

**Fortunately, knowledge can help you do something about it.**

Heart Failure (HF) means your heart isn't pumping the way it should and it worsens over time. In fact, about 50% of people die within 5 years of getting diagnosed. Learn how to recognize symptoms like difficulty breathing or swelling, and discover how to better manage HF. To sign up for your free "Heart Failure Handbook," call 1-844-PUMP4HF or go to [KeepitPumping.com](http://KeepitPumping.com) today.





# HEALTHY BODY

Don't fear the egg yolk!

OZ NEWS: HEALTH

5 THINGS WE JUST LEARNED

Turn for 4 More



1

## You Can Relax About Cholesterol

Forget the warnings that eggs will clog your arteries. The new thinking: You don't need to worry about how much cholesterol is in the foods you eat; it's the cholesterol your body produces that's the issue. Experts are recommending that the government drop its current guideline—to consume less than 300 mg a day (the amount in two small eggs)—because it's based on outdated animal research. “We’ve slowly come to the conclusion that those studies don’t transfer to people,” says Tom Brenna, Ph.D., a professor of human nutrition at Cornell University. Bring on the (sunny-side up) eggs!

Good-for-You Tips and Tricks



2



## Wine May Be Good for You...

...but you still can't justify pouring yourself an Olivia Pope-size glass (or two)! People who think of alcohol as "heart healthy" drink on average 47% more of it than those without the belief, a new study in the *American Journal of Cardiology* found. While there's good evidence that alcohol may protect against things like heart disease and heart attack, overindulging can lead to high blood pressure, weight gain from the extra calories, and increased risk of stroke. That's why the American Heart Association advises cutting yourself off at one drink a day, about 4 ounces of wine. Pour it into a ½ cup measure next time before transferring into your glass to get a fill-line visual for future reference.

3

exercise made easier

## YOUR JOG NEEDS THIS

Make your morning mileage more interesting with Spotify Running, a new feature on the streaming music app. When you start moving, the phone app will detect your pace and automatically play songs with the beats per minute to match based on your listening history. You get a personalized playlist, whether your taste skews rap or T. Swift.



► Rev Up!

Sample Spotify's DJ-created Running Originals tracks.

4

cool product

## THERE'S A HEALTHIER WAY TO WORK

Want to get off your butt more without investing in a bulky and expensive standing desk? Meet the StandStand, a small, sleek, and fabulously portable booster for your laptop. It folds up and weighs less than 2 pounds, so you can easily carry it to any room or coffee shop where you want to work. (\$69–\$99, [standstand.com](http://standstand.com))



5

**You Can Eat to Beat UTIs** Richly colored fruits and veggies have polyphenols that increase your urine's "aromatics," molecules that help curb the growth of the E. coli bacteria to blame for urinary tract infections. Also helpful: Cutting back on dark-hued sodas with phosphoric acid makes your urine less acidic. UT-bye!





# SHAKE UP THE SNACKUS QUO.

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whole lot of delicious.**



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## Find out why he's always saying "What? Huh?" (and become a less angry woman). Plus, you really do listen with your heart.

BY JESSICA MIGALA ILLUSTRATION BY MMJ STUDIO



### MEN

**There may be a reason why he can't (bleeping) hear you.** When men start to lose hearing, one of the first things to go is the capacity for high-frequency sounds—the usual frequency of women's voices, explains Lawrence Lustig, M.D., an otolaryngologist and professor at Columbia University. So he may not be ignoring you after all. Another thing that doesn't register hearingwise with men the way it does with women: the sound of a crying baby.

**He starts losing it sooner.** Men tend to experience hearing loss beginning in their fifties, 10 years before women. In greater numbers, too: They're 5.5 times more likely to experience hearing loss, a Johns Hopkins study found. Blame greater noise exposure. Men traditionally hold the majority of noisy jobs, like those in construction. But even if he works in relative quiet, he'll still lose hearing faster thanks to a lack of hearing-protective hormones.

**His hairy ears trap more wax.** That gunk usually shields the ear canal and keeps it healthy, but too much is a problem. "He may worry that he's losing his hearing when it's actually because of wax buildup," says Sujana Chandrasekhar, M.D., director of New York Otology in Manhattan. She recommends an ear-hair clipper to keep things clear.

### WOMEN

**She hears more than what he's saying.** Our brains are better at lip-reading to fill in the blanks when we don't hear someone clearly, according to research in the *European Journal of Neuroscience*. Also, thanks to hormones like oxytocin and serotonin, we tend to use emotional radar and our sense of connection with others to pick up on nonverbal cues. "It's like listening with your intuition," says Robi Ludwig, a New York psychotherapist.

**Her hormones give her an advantage.** Estrogen receptors in a woman's ears naturally safeguard her auditory system from damage, until levels of the hormone start to drop during menopause. So we typically start to lose our hearing in our sixties or seventies. That said, it can happen as early as during our thirties due to genetics or noise exposure. Hearing damage is cumulative and starts at a level of 85 decibels. (Thank all those rock concerts in college.)

**She gets blocked up too.** Both skin cells in the ear canal and wax get drier with age, so as we get older, that stuff is more likely to accumulate, muffling sounds. Don't dig around with cotton swabs; they can push wax in further. Instead, use a dropper once a week to put a tiny bit of mineral oil into each ear to soften wax, which will then fall out on its own. (Men can do this as well.)



YOU LAUGH.  
YOU LEAK.

OR

YOU DON'T.

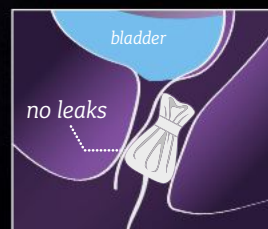
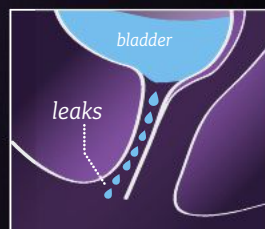
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9 of 10  
WOMEN

SAID THEIR  
BLADDER LEAKAGE  
WAS REDUCED  
OR STOPPED.







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# LIGHTEN UP YOUR BAG ALREADY!

Hey, lady, hand over your purse. It's overloaded, badly designed, and messing with your back every day. These tips prove that a carryall can be healthy *and* cute.

BY PAIGE FOWLER  
PHOTOGRAPHS BY DAVID ARKY



Your bag is easily your hardest-working accessory. It's your mobile office, gym locker, pantry, medicine cabinet, ATM—and it makes a fashion statement to boot. Sadly, it can also be an actual health hazard if you're not careful.

"Women usually know they shouldn't be carrying such heavy bags, but they don't think about it until they develop some kind of pain," says Jeffrey Goldstein, M.D., a clinical professor of orthopedic surgery at New York University Langone Medical Center. "It's an aha moment when I point it out."

Lori Polin, an attorney in Huntington, NY, got her wake-up call as a stiff neck and shooting pain down her spine and arms. Years of lugging around legal papers in her bag had resulted in bone spurs along her vertebrae, which required surgery. "I had to sport a neck brace for eight months afterward—not fun," Polin says. Now she uses Dropbox for storing records digitally and leaves her makeup bag in the car.

Is your purse doing a number on your spine? Check out the most common bag mistakes and unload a little. ➔





## PROBLEM

## \*Bag Is Too Heavy

"When a patient comes in complaining of headaches and I feel tightness in her shoulders, neck, and jaw, one of the first things I do is pick up her hand-bag," says Karen Erickson, D.C., a New York-based chiropractor. "She'll instinctively look like she's been caught."

## WHICH LEADS TO...

Neck and shoulder pain on the side where you carry your bag, plus back, knee, and hip problems as your body works to balance itself.

## SOLUTION

Stick your bag on a scale. A filled purse should be no more than 5% of your body weight—that translates to 8 pounds for the average 166-pound woman, Erickson says. With a backpack, you're safe up to 10% (16 pounds for the same woman).

ADJUST STRAPS SO THE BOTTOM OF YOUR KNAPSACK LINES UP WITH THE BOTTOM OF YOUR RIBS.

## TRY IT

**A backpack. It distributes the weight of the load evenly between both your shoulders.**

We love this light-weight embossed-neoprene one with leather accents for a posh, sporty look. Elliott Lucca Olvera Metro Backpack (\$198, [elliottlucca.com](http://elliottlucca.com))

## PROBLEM

## \*Straps Are Too Narrow

"If you see a groove on your shoulder when you remove your bag, it's a red flag that the straps are too thin," Erickson says. "I've even had patients with permanent indentations."

## WHICH LEADS TO...

Muscle spasms from the lack of blood flow to that area, Erickson says. And next: major ouches. "The thin straps cause your shoulder muscles to contract for a long period of time. That can make you sore," Erickson says.

## SOLUTION

Choose a bag with straps that are at least an inch wide to better disperse the weight across your shoulder. Also avoid thin metal or chain straps, which dig into your muscles even more.

**METAL = HEAVY. GO FOR MINIMAL HARDWARE, LIKE THIS SPARE BEAUTY.**

## TRY IT

**A tote with strap options. Switching the way you carry it prevents overloading any part of your body.**

Made of polyurethane "vegan leather," this neutral-shade number is lighter than the real thing—and much cheaper (without looking it). DB Fashion Studio Mauve Satchel (\$55, [dressbarn.com](http://dressbarn.com))



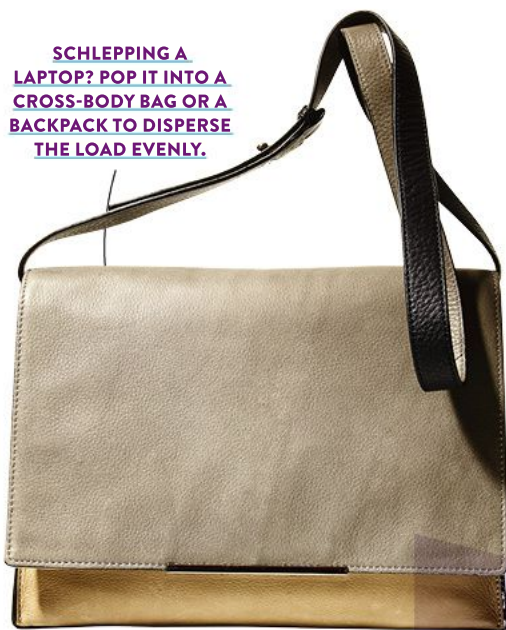
### WE ASKED, WHAT'S THE HEAVIEST ITEM IN YOUR BAG?

*Our favorite responses:*

My iPhone (heavy) with a Swarovski crystal phone case (heavier). Never again! | **A GLASS WATER BOTTLE. A BREAST PUMP—IT'S KILLING ME!** | A corkscrew wine opener. Does that say something bad about me?



**SCHLEPPING A LAPTOP? POP IT INTO A CROSS-BODY BAG OR A BACKPACK TO DISPERSE THE LOAD EVENLY.**



#### PROBLEM

### \* You Always Carry Your Bag on the Same Side

"Loading up the same side day after day can cause a serious imbalance in your body, especially if your bag is too heavy," Erickson points out.

#### WHICH LEADS TO...

Feeling painfully out of whack. The neck and shoulder muscles on the side you use to carry become over-developed compared to the other side. "I've had a lot of patients with one shoulder that's an inch higher than the other," Erickson says.

#### SOLUTION

Switch your bag from one side to the other every few blocks while you're walking.

#### TRY IT

**A cross-body bag. It's a happy medium between a one-shoulder bag and a backpack.**

You won't get mistaken for a messenger with this chic pick. Kenneth Cole Mercer Street Large Cross-Body (\$228, [kennethcole.com](http://kennethcole.com))

#### PROBLEM

### \* You're Wearing Your Bag Wrong

"The lower your bag hangs, the harder your body has to work to counteract the load,"

Goldstein says. If it's too high, the bag prevents your arm from swinging freely.

#### WHICH LEADS TO...

Pain and stiffness in your shoulders, your back, the base of your skull, and even in your hips.

#### SOLUTION

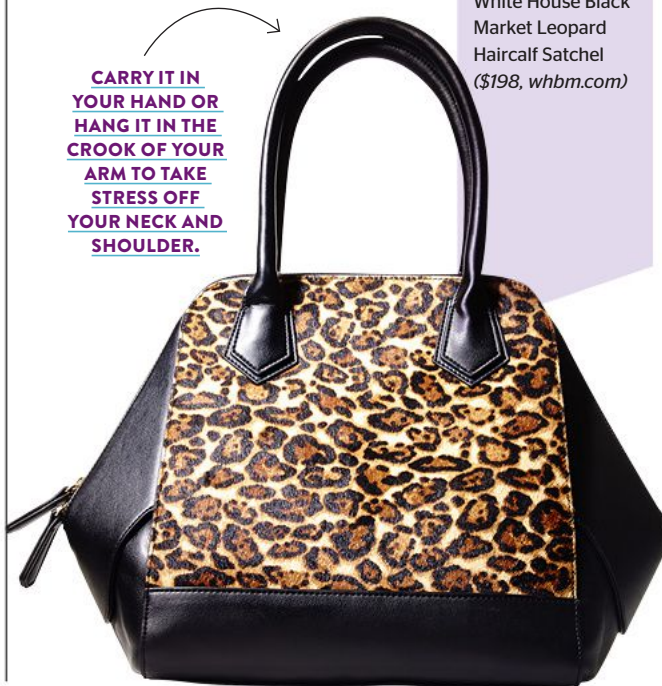
Adjust the shoulder strap so it hangs right where your waist nips in—that's the body's sweet spot.

#### TRY IT

**A handheld bag. "Your arm is extended, so as long as your bag isn't overloaded, you'll be able to swing both your arms freely," Erickson says.**

This one wins for its fun print and ladylike structure. White House Black Market Leopard Haircalf Satchel (\$198, [whbm.com](http://whbm.com))

**CARRY IT IN YOUR HAND OR HANG IT IN THE CROOK OF YOUR ARM TO TAKE STRESS OFF YOUR NECK AND SHOULDER.**



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**Stash cash and essentials in a pouch to swap purses fast, and choose the smallest bag you can get away with. It automatically limits how much you can drag around.**

From left: White House Black Market Suede Clutch (\$68, [whbm.com](http://whbm.com)); Clare V. Wallet Clutch (\$110, [clarev.com](http://clarev.com))

My wallet, which has about 10 dollars' worth of change in it. | **A METAL MEASURING TAPE.** | A biggish bottle of Lactaid (sexy, right?).  
**A MINIATURE TOOL KIT (INCLUDING A WRENCH, PLIERS, AND A SCREWDRIVER) ON MY KEYS.** | A potty seat for my toddler.



🔊 Listen to Your...

# BONES

There's nothing scary about your skeleton. Its 206 heroic bones support your every move, so use these strategies to keep your framework strong.

BY SARA ALTSHUL ILLUSTRATION BY MARK ALLEN MILLER

## BONES ARE LIKE FACTORIES

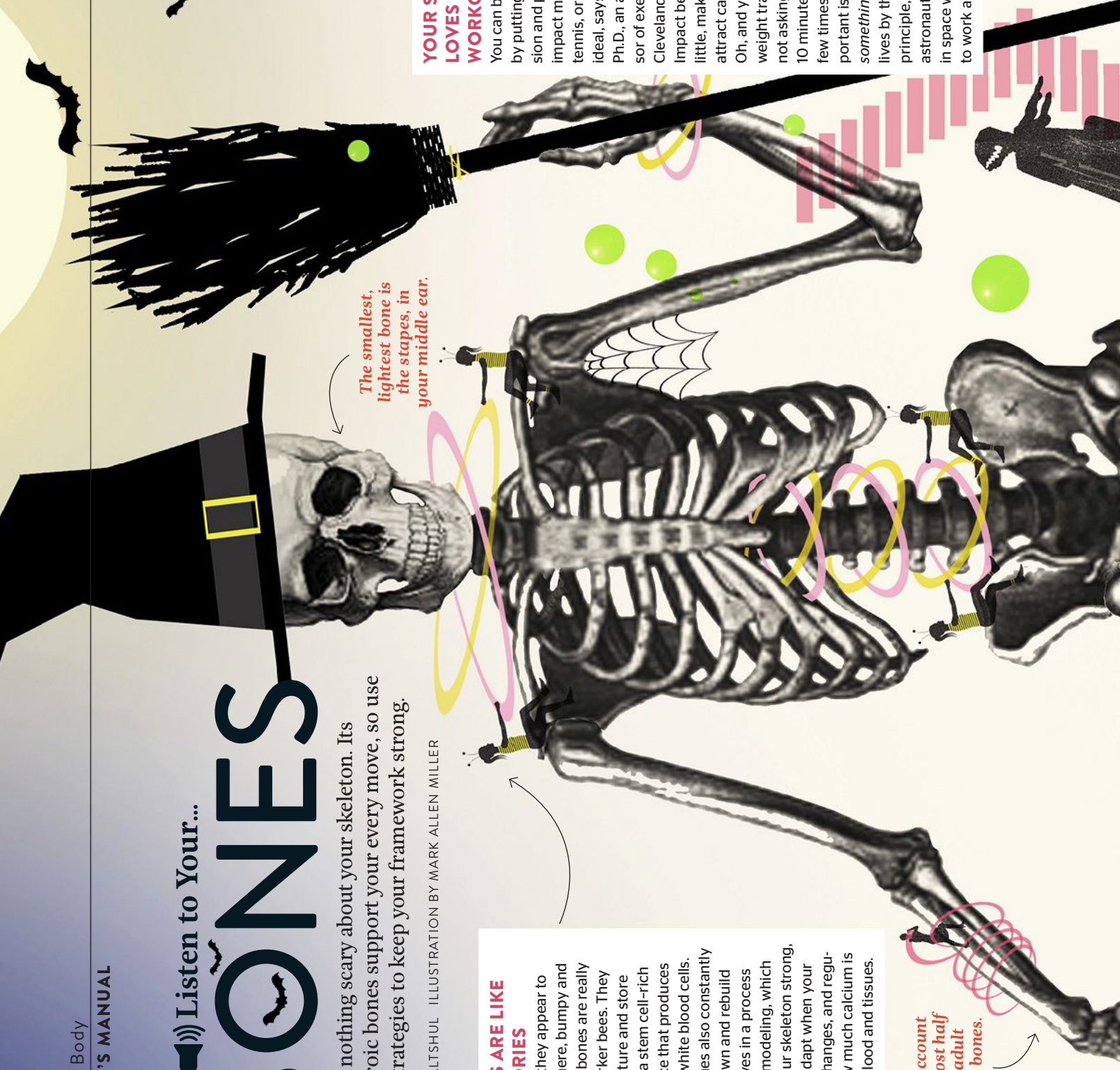
Though they appear to just sit there, bumpy and rocklike, bones are really busy worker bees. They manufacture and store marrow, a stem cell-rich substance that produces red and white blood cells. Your bones also constantly break down and rebuild themselves in a process called remodeling, which keeps your skeleton strong, helps it adapt when your weight changes, and regulates how much calcium is in your blood and tissues.

*Arms account for almost half of all adult broken bones.*

*The smallest, lightest bone is the stapes, in your middle ear.*

## YOUR SKELETON LOVES A GOOD WORKOUT

You can bulk up your bones by putting them under tension and pressure, so high-impact moves like jogging, tennis, or stair-climbing are ideal, says Kathleen D. Little, Ph.D., an associate professor of exercise science at Cleveland State University. Impact bends the bones a little, making certain cells attract calcium, she says. Oh, and your bones like weight training, too. They're not asking for much: only 10 minutes of exercise a few times a day. Most important is to get up and do *something*. Your skeleton lives by the use-it-or-lose-it principle, which is why astronauts lose bone mass in space with no gravity to work against.









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OWNER: RESOURCE MAGAZINE

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\*versus the wetness protection required by an ordinary antiperspirant

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# THE NO-PAIN WAY TO A FLAT BELLY

Feel the burn? Apologies to Jane Fonda (who looks amazing), but we'd rather not. These moves tighten your tummy without the torture.

BY ALYSSA SHAFFER PHOTOGRAPHED BY LAUREN PERLSTEIN

It's a revolutionary idea—you can flatten your belly without any of that clenching, burning, “Ugh! More reps?” dread we associate with traditional crunches and sit-ups. For a mini tummy-toning session, try one or two of these moves from Stephanie Levinson, an instructor at Equinox fitness in New York and the creator of the Slim Body Fitness apps. Or do them all together for a full workout. Stick to it and your jeans should zip easier in a month or two.



**kick it up**  
HOLD A LIGHT  
DUMBBELL IN YOUR  
UPPER HAND.

## KNEELING REACH

Works your side abs; stretches your hips, back, and shoulders

Get started: Kneel with left leg behind you on the floor and right leg forward, knee bent 90 degrees and in line with ankle. Extend right arm directly over shoulder while pointing left arm straight down. Next: Keeping hips still, reach toward floor with left hand while bending torso to left, stretching the right side of your body (as shown). Use your side abs to return to center. Do 12 reps; switch sides and repeat.

### FOR BEST RESULTS

“Focus on tightening your abs and drawing them in, while being careful not to hold your breath,” Levinson says.







## SPIDERMAN PLANK

Works the front of your abs, as well as your deep core and side abs

Stand with legs together a few feet away from the wall. Lean forward 45 degrees, placing hands on wall at shoulder height, arms parallel to the floor. As shown above, slowly bring left knee out to side and up to about hip height, keeping hands in place and abs tight. Lower leg and repeat for 12 reps. Switch sides.



kick it up

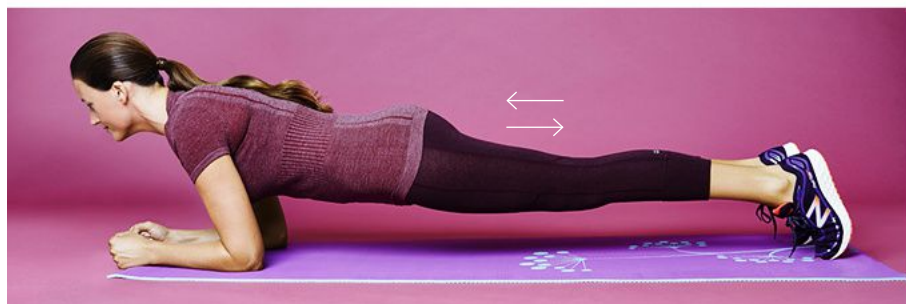
ADD A PUSH-UP  
WHEN YOUR  
LEG IS OUT TO  
THE SIDE.

▼ below

## SHIFTING PLANK

Works your deep core, shoulders, and legs

Begin on the floor with your elbows directly under your shoulders, legs extended behind you, forming a straight line from head to heels. Slowly shift forward a few inches (pictured below), keeping your abs tight and body in a straight line. Continue shifting back and forth for 30 seconds.



▼ below

## CRISSCROSS

Works the front of your abs, as well as your side abs, hips, and thighs

**A /** Stand with feet hip-distance apart, hands on hips. Extend right hand up, fist facing forward.

**B /** Lift left knee up and across body while bending right arm and lowering elbow toward left knee. Lower and repeat for 15 reps. Switch sides.





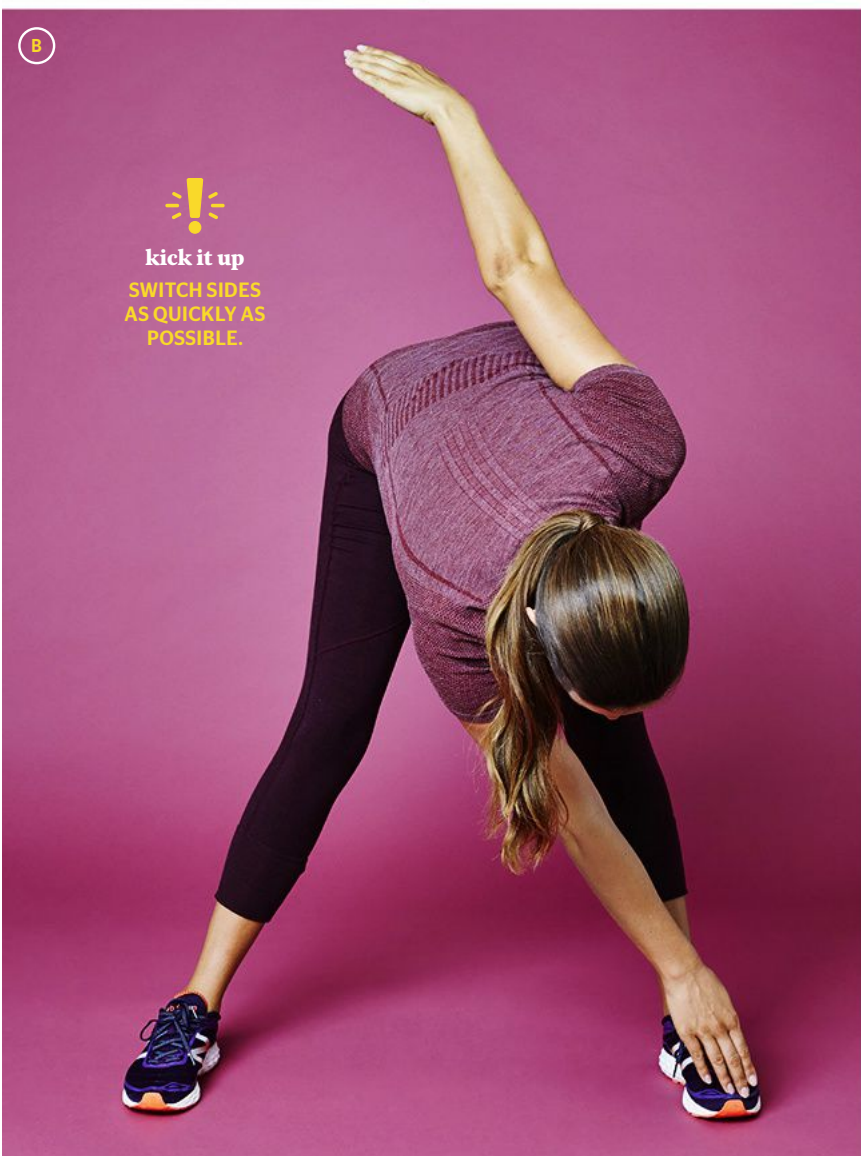


▼ left and below

## WINDMILL

Works the front of your abs, as well as your side abs and shoulders; stretches hamstrings

- A /** Stand tall with feet wider than shoulder-distance apart, arms out to sides.
- B /** Bending forward from waist, bring right hand down toward left toes (don't worry if you can't reach your foot), extending left hand behind you while tightening your abs. Stand back up and repeat, this time touching left arm toward right toes. Continue for 30 to 60 seconds.



▲ above

## ROTATING PUNCH

Works your side abs, arms, and back

- A /** Stand with feet slightly wider than shoulder-width apart, knees bent, and arms in fighting position.
- B /** Punch left hand in front of right shoulder, twisting torso to the right and keeping arm parallel to floor. Quickly retract hand and punch right hand in front of left shoulder while rotating torso to the left. Continue switching sides rapidly for 30 to 60 seconds, tightening your abs as you rotate.



# YOUR 1-2-3 GUIDE TO HEALTHY BREASTS

WHEN IT'S TIME FOR YOUR MAMMOGRAM, YOU WANT IT DONE RIGHT. USE THIS SLEEP-EASIER GUIDE TO GET CUSTOM CARE.

BY JENNIFER ABBASI ILLUSTRATIONS BY TRACI DABERKO

We know: It's no picnic to go to a center or clinic, stand in a room half-naked, and have your breasts smooshed between two cold plates. If you're gonna go through all that, you want to come out with peace of mind, knowing you've had the best possible breast cancer screening (and please, no do-overs or extra trips). Once you and your doc have decided when you should get a mammogram, you need to bring up the three issues on these pages. Don't just take the prescription and run. Use this guide to get the personalized plan you deserve.

1

## ASK THE DENSITY QUESTION

Everyone's breasts, no matter their shape or size, contain a combination of tissue—some of it's fatty (that's actually good when it comes to mammograms), and the rest is fibrous and glandular tissue. The less fat you have there, the denser your breasts are.

The trouble with dense breasts is that they raise your risk of cancer—in fact, women with extremely dense breasts have as much as double the risk of developing breast cancer as those with average density. Additionally, they make it harder for doctors to catch problems on a standard mammogram. Dense tissue appears white on X-rays—and so does cancer. "It's like finding a snowball in a snowstorm," says Kathy Schilling, M.D., medical director of Christine E. Lynn Women's Health &

Wellness Institute at Boca Raton Regional Hospital. (See what we mean in "How Dense Are Your Breasts?," opposite page.)

Dense breasts turn out to be common—some estimates say about half of women under the age of 50 and about a third of women older than that have them. Do you know where you fall on the density scale? It's not surprising if you don't. As of this year, 24 states have passed laws requiring women to be informed if their breasts are dense. So in more than 50% of states, you *don't* need to be told. Lawmakers on a national level have turned their attention to the issue because women weren't getting this vital info; a group of senators recently introduced a bill to Congress that would make a similar law universal. But it doesn't

take a federal mandate for you to be able to find out your density. If you've already had a mammogram, your doctor should have the radiologist's report and be able to tell you right away.

Then what? Stick with us. When women with dense breasts get additional screenings, such as a breast ultrasound, more problems are detected that their



DENSE BREASTS MAKE IT HARDER FOR DOCTORS TO CATCH PROBLEMS ON A STANDARD MAMMOGRAM.



mammogram didn't show. (That's what happened in Joan Lunden's case; read her story on page 37). So every woman with dense breasts needs more than just a mammogram, right?

Surprisingly, many top experts don't think so. Some Harvard and Beth Israel Deaconess Medical Center docs recently penned an editorial in the *New England Journal of Medicine* detailing why. These extra screenings may catch more cancers, but they also create as many as five times more false alarms: suspicious results that turn out to be harmless after a biopsy (and a lot of anxiety). "Just because you can have a test doesn't mean it's in your best interest to get it," says Joann Elmore, M.D., a professor of medicine at the University of Washington School of Medicine and an investigator with the Fred Hutchinson Cancer Research Center. "People think, *I need to get an ultrasound, I need to get an MRI*. But mammography is the most well-studied of any screening tool." And it's still the only type of scan that's been shown to reduce the rate of breast cancer deaths. Knowledge is power, adds Dr. Oz, "but we don't have to act on all we know. Deciding not to move forward in certain situations is also a valid decision."

That's why doctors are cautious about supporting laws that stipulate extra testing for women with dense breasts. "This is a place where legislation has really gotten ahead of the science," says Therese Bevers, M.D., medical director of the cancer prevention center at MD Anderson Cancer Center in Houston. While extra screening can catch more cancers in women with dense breasts, there's no evidence yet that it actually saves lives.

A recent big study by the National Cancer Institute suggests a middle ground. Breast density shouldn't be the only thing that

determines additional screening, says researcher and breast density expert Karla Kerlikowske, M.D., a professor of medicine, epidemiology, and biostatistics at the University of California, San Francisco. You and your doctor need to look at everything that could bump up your risk of getting breast cancer—that includes factors like your age, race, family history of breast cancer, and breast biopsy history. Then you consider your density and your risk together to come up with an individual plan. (You never get to skip the mammogram, by the way. Additional screenings are just that—extras, not substitutes.) That brings us to step two. →

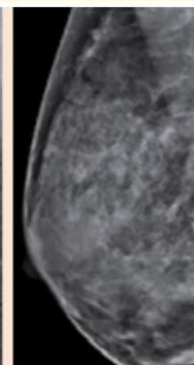
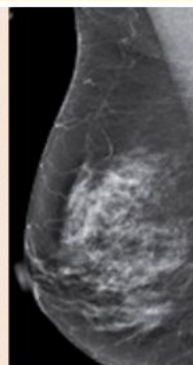
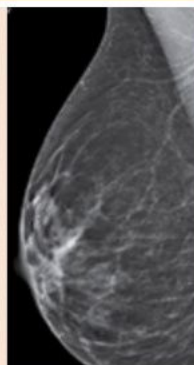
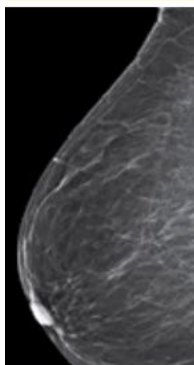


IF YOU  
HAVE A STRONG FAMILY  
HISTORY OF BREAST  
OR OVARIAN CANCER,  
CONSIDER SCHEDULING  
A SIT-DOWN WITH A  
GENETIC COUNSELOR.

## HOW DENSE ARE YOUR BREASTS?

These scans show breasts that are:  
**Not Dense**

These scans show breasts that are:  
**Dense**



▲  
**Not Dense—  
Almost Entirely  
Fatty  
(10% of women)**

▲  
**Scattered  
Fibroglandular  
Density  
(40% of women)**

▲  
**Heterogeneously  
Dense  
(40% of women)**

▲  
**Extremely  
Dense  
(10% of women)**

In these scans, it's easy to see why it's harder to spot a cancer (which appears white) in a breast with lots of dense tissue (which also appears white). The radiologist reading your mammogram is the one who will determine which category you're in. Breast density isn't something your doc can figure out just by a manual exam. It might change through the years; most women's breasts become more fatty as they get older.

Though dense breasts can increase your risk of breast cancer, keep it in perspective—for you, that might take your risk from a 1% chance of developing cancer to a 2% chance. Turn the page to find out more about pinning down your individual risk.



2

## ADD UP RISK

If you have one or more close relatives with breast or ovarian cancer, then you and your doctor should do some calculations to figure out whether you need extra screening. You'll want to determine your lifetime risk of breast cancer, says the American Cancer Society (ACS). If it's above a certain level, the ACS recommends that you get an MRI along with a mammogram. (It also recommends one if you have a first-degree relative with the "breast cancer gene," which is the BRCA1 or BRCA2 mutation.) If your risk is a little bit below that *and* you have dense breasts, you may also need additional scans.

So how do you figure out your risk? The best tools are special scientific calculators that you go through with your doctor. (They're much more detailed and time-consuming than the short ones you can find online.)

Your physician may not have time to work through this with you. Think you have a strong family history? Consider a sit-down with a genetic counselor. "If your doctor isn't skilled in doing lifetime risk assessments, get a referral to someone who is," advises Debbie Saslow, Ph.D., director of breast and gynecologic cancer at the American Cancer Society.



YOU MAY NOT ALWAYS NEED EVERY TEST, BUT YOU DO NEED TO WEIGH THE PLUSES AND MINUSES OF EACH ONE.

3

## BE SMART ABOUT THE TESTS YOU GET

Your doctor should help walk you through the pros and cons of different tests. Whichever ones you decide to get, you'll want to know a little about them—it makes the whole process less nerve-jangling.

**Ultrasound** Uses sound waves to produce an image of the breast. (It's the same technology used for sonograms.)

**Who should get it** It's not always a must-do for women with dense breasts. It may be best reserved for those with dense breasts *and* other risk factors, says Kerlikowske. (Breast cancer organizations haven't put out guidelines yet.) It finds slightly more cancers (4.2 more cases per 1,000 women screened) in women with dense breasts when combined with mammography than mammograms do on their own.

**Be prepared** It's associated with a lot of false positives, which can make it more likely you'll be sent for a biopsy. What to keep in mind: Of all of the women who get biopsies, the majority find out they *don't* have cancer.

**Breast MRI** Magnets and radio waves create detailed images of "slices" of the breast.

**Who should get it** According to the American Cancer Society, women who have a high lifetime risk based on family history, have a BRCA gene mutation or a first-degree family member who has it, received chest radiation therapy before age 30, or have certain rare genetic conditions. Some radiologists routinely use it in women with very dense breasts.

**Be prepared** It's more sensitive than mammograms and ultrasounds, but it's also pricey and more of a hassle: You're facedown in the machine's tube for up to an hour. It turns up more false positives than mammography.

**3-D Mammography** A new type of X-ray that captures many images of the breast and combines them into a 3-D picture, which helps catch more cancers.

**Who should get it** If a center offers it and insurance pays, some doctors think everyone should get it, especially those who have dense breasts.

**Be prepared** Some docs think these are so much better at reducing unnecessary follow-up scans and biopsies that they could replace traditional mammography in the future. But that's still pretty far off. Right now, 3-D mammograms are mostly offered in major medical or research institutions, meaning you'd likely have to travel to find a place that does them. And if your insurance doesn't pay for this particular technology (many don't), you could be on the hook for about \$50-\$100.



## INSIDER SECRETS TO MAKE YOUR MAMMO EASIER

We got these from the technicians who do dozens of scans a day. So helpful.

► **Forget the horror stories.** Everyone's pain tolerance is different, so whatever you've heard about these scans hurting probably won't be the same for you. In fact, less than 35% of women say they're painful.

► **Wear a two-piece outfit.** You'll only have to take the top off, so you'll feel less exposed.

► **Wait until your period is over.** Your breasts will be less sensitive when menstrual hormones aren't puffing you up.

► **Speak up if you're truly uncomfortable.** Your skin might be pinched in a place the tech can't see, and she can try repositioning you. Or she might let you adjust things yourself. One study saw that women who did this felt less pain, and guess what? The scans were just as good.

► **Get your mind out of there.** The more you relax, the better pictures the tech can get. "When your shoulders and chest are really tight, we can't get your breast tissue to come forward," explains Karen Dumont, a breast technologist at Massachusetts General Hospital. The old "imagine yourself at the beach" trick truly does help ease stress. Also, relax your face and fingers—it makes your whole body less tense.



THE MORE YOU RELAX, THE  
BETTER PICTURES THE TECH  
CAN GET AND THE FASTER  
YOU'LL BE OUT OF THERE.

## JOAN LUNDEN SAYS: KNOW YOUR BREASTS!

In her new memoir, *Had I Known*, former *Good Morning America* cohost Joan Lunden candidly details her successful battle with breast cancer. Lunden has dense breasts and, in 2014, her cancer was discovered after she asked her doctor for an ultrasound along with her mammogram. Here, she shares "the good, the bad, and the bald, ugly truth" of her journey—and what she hopes women can learn from her experience.

### The Good Life WHAT MADE YOU ASK FOR AN ULTRASOUND?

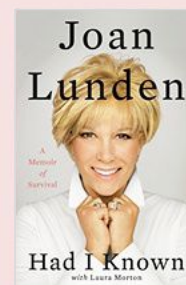
**Joan Lunden** It was dumb luck. I got sent on a story to interview Dr. Susan Love about mammograms. When the tape wasn't rolling, we got into a kind of chitchatty conversation and she said, "You do get your mammograms, right, Joan? Regularly?" I said, "Yes, yes, yes, I get them, but they're so nerve-racking because every time I go, they always call me in again and again, and you freak out when they do that. I would ask if they saw something, and they'd always say the same thing: "No, it's just that we can't see anything. You have such fibrous, dense breast tissue." With that, Dr. Love looked at me and said, "Oh, well, if you have really fibrous, dense breast tissue, you should see about getting an ultrasound." It wasn't the first time I'd heard this. When I was interviewing Dr. Judith Reichman, she said the same thing. I didn't do anything when I heard it the first time. But the second time, I asked my doctor for a prescription for an ultrasound along with my mammogram. And when I got it—barely 10 minutes after a "clean" mammogram—it showed the cancer.

### TGL HOW CAN WOMEN GET WHAT THEY NEED?

**JL** You have to know whether or not you have dense breasts. Call your physician and look carefully at your reports. I got copies of 15 reports that were sent to my physician, and every one of those reports starts out with the "happy gram." It says, "From what we could see, your mammogram was normal." The operative phrase there that should perk up our ears is, "From what we can see." Down at the bottom of those reports it says, "This woman has very dense breast tissue, which could mask breast cancer, and an ancillary test is most likely recommended." Let's be honest, once you read the first paragraph that says it's normal, you stop reading. Don't do that before you know your density.

### TGL SO WHAT DO YOU WANT OUR READERS TO KNOW?

**JL** Find out what's really going on in your body. I want to inspire women to go and get the right scans. So many women haven't had them in a while for no really good reason—just because they had 87 other things on their to-do list. Be your own best health advocate.





## NEW RESEARCH POINTS TO ONE ROOT CAUSE BEHIND A MYRIAD OF HEALTH PROBLEMS:



Inflammation can lead to constant fatigue...

...heart disease

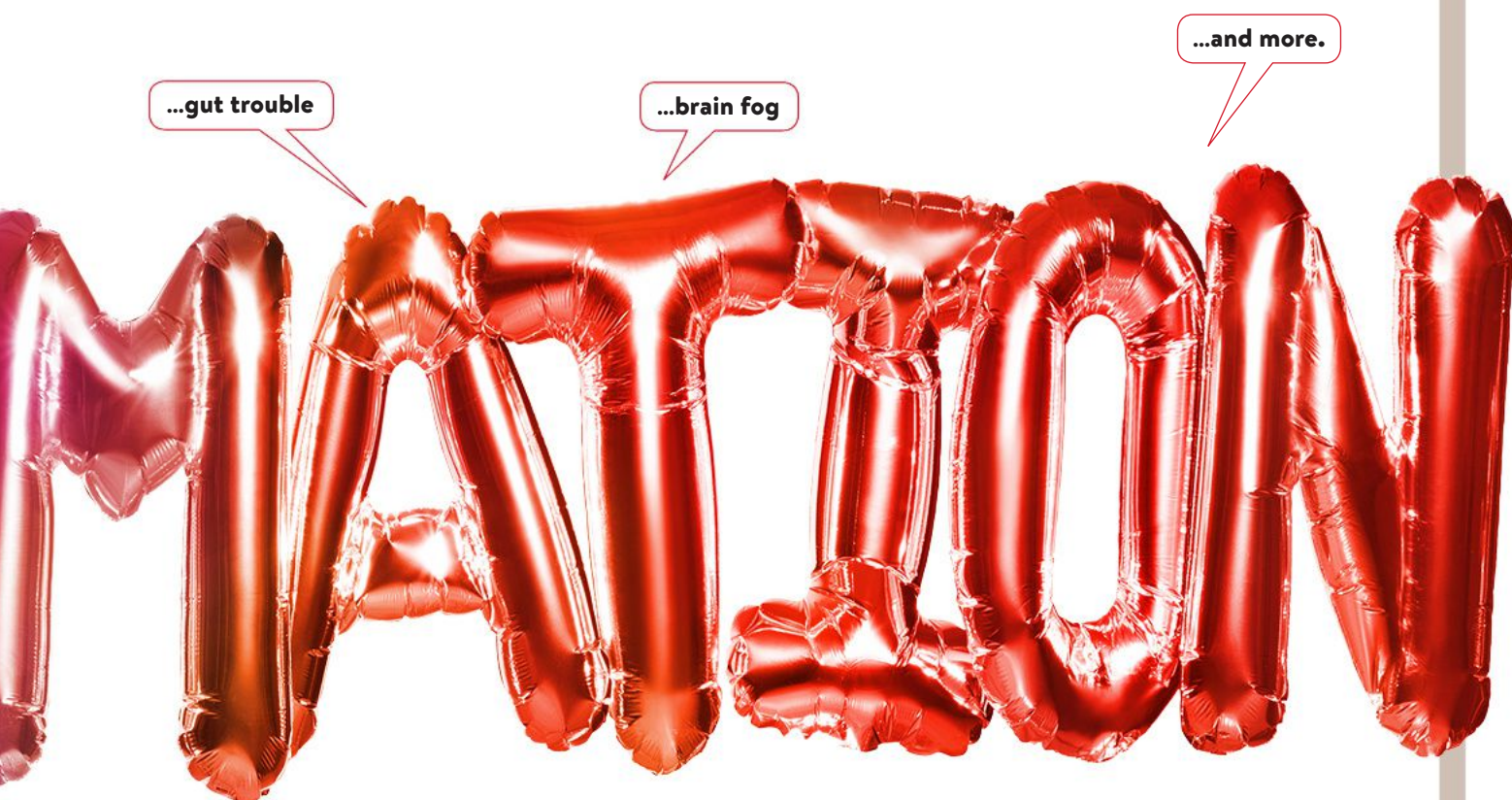
**THE HUMAN BODY IS A BRILLIANT**, slightly mad scientist when it comes to keeping you healthy. Overheat at the gym? Sweat pours out of your skin to cool you down. Eat something toxic? Anyone who's ever had a bout of food poisoning knows the digestive tract will do everything possible to get rid of it. Cut your finger? Your immune system swells the area with an army of soldier cells that fight off bacteria. Then, like magic, everything is normal again.

Yet researchers have recently discovered that our healthy mechanisms can backfire big-time. When we repeatedly

"injure" our bodies on the inside—say, by carrying extra weight or eating junky foods that cause plaque buildup in our arteries—our immune system kicks into *constant* overdrive. The result is chronic inflammation, which research links to everything from brain fog and bloating to diseases including diabetes and arthritis, and possibly even some forms of cancer. So if you're feeling sluggish or lethargic most of the time, inflammation could be to blame. Gut problems like rumbling intestines or uncomfortable gas? There's a good chance it's inflammation here, too.



**By Meghan Rabbitt**  
**Photographed by The Voorhes**



## UNDERSTAND IT. TAME IT. FEEL BETTER, FAST.

In fact, doctors say many of us are dealing with this double-edged sword, whether we know it or not. “Inflammation is a huge issue of our time,” says cardiologist Holly Andersen, M.D., of New York-Presbyterian/Weill Cornell Hospital in New York. “We’re finding that it’s fundamental to most disease and intricately tied to our overall health.”

While scientists are still uncovering all of the ways that inflammation can wreak havoc inside our bodies (and it’s a long list already), they do know that some fairly simple lifestyle shifts can prevent and fix the trouble, so you feel

much better every day. “You know all the things that the wise old people in our lives have told us to do for decades—things like not smoking, not being sedentary, staying at a healthy weight, and even giving back to your community? Science is now proving that these things help a lot when it comes to inflammation,” Andersen says.

Read on to find out how a natural process with such good intentions gets out of whack, and discover the simple lifestyle shifts you can make to keep your body humming along the way it was designed to. ➞



**OK, BACK UP:  
WHAT EXACTLY IS  
INFLAMMATION?**

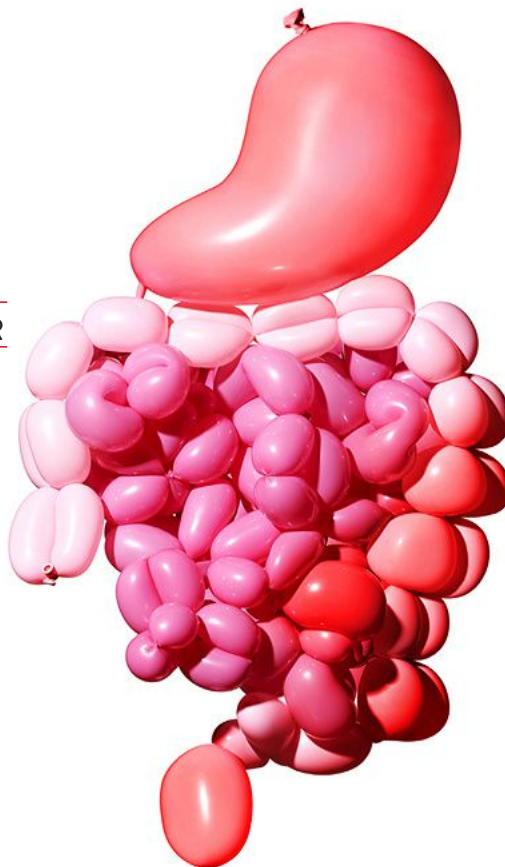
It starts with the immune system—the body’s SWAT team that fends off invaders and keeps us going strong. Say you step on a piece of glass and cut your foot. Your immune system sends its soldiers—white blood cells and other immune-boosting substances—to the injured area to fight off bacteria and heal the cut. Your foot might swell, turn red, and feel painful and hot, but those are signs that your immune system is fighting a good fight. When it wins the battle, those soldiers go back to their bunkers to rest—until the next everyday boo-boo or bigger issue arises.

All good, right? Not necessarily. The immune system doesn’t just wage these helpful little wars when you cut yourself, sprain your ankle, or have some other obvious injury; it quietly does the same thing inside your body whenever it perceives that something is “off.” Perhaps there’s plaque on the walls of the arteries around your heart. If your immune soldiers are constantly assaulting the area, it makes that plaque more vulnerable to rupturing and causing a blockage or clot—which you probably won’t know is happening until it turns into a heart attack or stroke. That’s just one of the ways we can “injure” ourselves inside our bodies (you’ll read about more later), and inflammation is the result.

So the process is brilliant—up to a point. If your immune system rages on and on because the insults don’t let up, inflammation shifts into turbodriven mode, and your immune soldiers start releasing chemicals that actually damage the tissue instead of healing it, says Barbara Nicklas, Ph.D., an inflammation researcher and professor of geriatrics at Wake Forest Baptist Medical Center in Winston-Salem, NC. Yes, your stressed-out immune system ends up attacking *healthy* tissue.

Since these inflammatory soldiers zip around your body via your circulatory system, they can cause problems there. They may also make their way to specific organs, such as your heart, brain, or gut, and do real damage—particularly over time—contributing to dementia, inflammatory bowel diseases, and more. No, this is not an emer-

FOODS THAT  
DON’T AGREE WITH  
YOU CAN SET YOUR  
IMMUNE SYSTEM  
ON THE RAMPAGE,  
LEAVING YOU  
BLOATED,  
INFLAMED, AND  
UNCOMFORTABLE.



gency. But read on to figure out where inflammation might travel in your body, as well as the basic diet and lifestyle changes you can make to tamp it down.

**WHERE INFLAMMATION  
GOES—AND WHY**

Inflammation would probably be easier for physicians to diagnose and treat if it had a single cause and made a beeline for just one spot in the body. “We actually don’t know why inflammation goes to the heart in one person, the GI tract in another, and the brain in another,” says Amir Soumekh, M.D., a gastroenterologist and assistant professor of medicine at the New York-Presbyterian/Weill Cornell Medical Center, “but we do think that genetics plays a role.”

Andersen explains it this way: “If, for example, you have a genetic predisposition for heart disease, the cells in your heart are



**DR. OZ SAYS...**  
*Just as Einstein had his theory of relativity that pulled all the pieces together in physics, inflammation is the closest equivalent in health. It may be at the root of a complex constellation of medical problems. And we have more control over it than we think.*

DR. OZ ILLUSTRATION BY LUKE WILSON



handicapped in that they have more receptors there to 'catch' the inflammatory white blood cells," she says. And once there's inflammation in one spot, more tends to follow.

When it comes to heart health, for instance, inflamed arteries actually allow cholesterol to nestle into their walls, says Andersen, opening the doors for that fat to accumulate and build into heart attack-inducing plaque. Similar processes fight, inflame, and disrupt tissues in the brain, the gut, the joints, and any other area where you may be genetically predisposed to having issues. And because many of our not-so-healthy lifestyle habits continuously trigger inflammation in our bodies (see more on those below), we're taxing our system to the point where it's not able to do what it was designed to.

### THE TRIGGERS + THE FIXES

Sorry, you can't change where your inflammation magnets are. But you can take simple steps to lower inflammation that's already amped up, prevent more, and get your immune system working efficiently again. The usual trifecta—lose weight, eat well, exercise more—can work wonders, says Penny Kris-Etherton, Ph.D., R.D., distinguished professor of nutrition at Penn State University. In fact, when scientists at the Johns Hopkins Bloomberg School of Public Health reviewed the research, they found that losing weight is directly related to decreased markers of inflammation in your body. Exercise has also been shown to reduce these. The bottom line: You have the power to fix much of this trouble, once you know how it started.

#### INFLAMMATION TRIGGER

### Being overweight

How could those extra 15 or 20 pounds incite inflammation? Fat cells don't just sit there doing nothing; they're metabolically active, and actually spit out compounds that ramp up inflammation, says Ishwarlal Jialal, M.D., Ph.D., director of the Laboratory for Atherosclerosis and Metabolic Research at University of California Davis Medical Center. As

those fat cells plump up, they prompt your immune soldiers to migrate to them and "fight" them off. That brings on—you guessed it—more inflammation.

#### TAME IT

If you need to drop pounds, a sensible weight loss plan (find one on page 90) is the number one way to reduce inflammation. The less engorged your fat cells are, the fewer inflammatory molecules will float around in your body. It's that simple, says Jialal.

#### INFLAMMATION TRIGGER

### Skimping on good fats

To keep your immune army in fighting form, it needs the right fats, namely omega-6 and omega-3 fats. Working together, they regulate inflammation, so not only do cells know when to attack, they also know when to retreat after the job is done. Both are crucial for good health, says Kris-Etherton. We get plenty of omega-6 fats from vegetable oils and nut butters, and from some less great foods like packaged snacks and fried stuff. "The problem is that the average person isn't getting enough omega-3s," she says.

#### TAME IT

Fill up on foods rich in omega-3s, including oily fish like salmon and trout, veggies (kale, spinach, and Brussels sprouts are good sources), and flaxseed and walnut oils. And crowd out processed snacks and fast foods for smarter sources of omega-6s.

#### INFLAMMATION TRIGGER

### Belly problems

Keep your gut happy and the rest of you may follow. "The gut contains the largest reserve of immune cells in the body—they line the entire GI tract," says Soumekh. There, they help our bodies figure out which nutrients, vitamins, and minerals we need and digest them. The things we don't need, like chemicals and germs, it attacks. Everyone's digestive system is different, and some people's immune cells pounce on innocent foods. In those with celiac disease, for instance, the immune system thinks gluten is an invader. In other people, cells battle other seemingly random foods, like soy or nuts, causing allergic reactions rather than digesting them.



#### WHERE IT HITS AND HURTS

**Sneaky inflammation may be at the root of many troubles.**



#### The Heart

Plaque buildup, hardening of the artery walls, heart attack, stroke



#### The Brain

Alzheimer's, brain fog



#### The Gut

Ulcerative colitis, Crohn's disease, irritable bowel syndrome (and the pain, gas, and bloating that can come with it)



#### The Skin

Acne, rosacea, psoriasis, eczema



#### The Lungs

Allergic asthma



#### The Joints

General pain and arthritis



#### All Over

Diabetes, cancer, fatigue, feeling "meh," and low-grade depression



Constant immune attacks may weaken the gut lining, allowing food to leak through it and float around where it shouldn't be. The result? More sieges on food particles now free-floating around the body. This is known as leaky gut, and a growing number of experts point to it as a cause of inflammation.

#### TAME IT

If you have periodic tummy trouble and aren't sure which foods your body objects to, try eliminating common bad guys—like dairy, gluten, soy, eggs, and alcohol—for a week. Do you have more energy and fewer digestive woes, and just generally feel better? If so, reintroduce each food group slowly and notice if the symptoms come back (take notes on what you're eating and how you feel, if you think it will help you nail the exact culprits). "Feeling less bloated, gassy, and lethargic and having more energy overall are good signs that the foods you've cut from your diet were causing some gut issues," says Kris-Etherton.

#### INFLAMMATION TRIGGER

### Constant stress

There's stress that's good for you (the kind that prompts you to grab a child's hand as she reaches for your hot coffee). And then there's tension that keeps us in heightened-alert mode for much of the day (just say "morning commute" or "mean boss"). It's the continuous, low-grade stress that messes with our inflammation response. New research from the Ohio State University found that chronic stress changes immune cells before they enter the bloodstream, priming them to fight infections even when there's no actual invader there. Stress also pushes up our cortisol levels, which prompts the body to store extra calories as fat in our belly—creating a double-whammy inflammation response.

#### TAME IT

Breathe deeper, get enough sleep, create new boards on Pinterest, do something nice for a neighbor, carve out more "me" time—whatever calms you down and makes you feel good. "I tell my busy friends to take a five-minute bathroom break, even if they don't need one," says Dr. Oz. "Shut the lid, sit down, and just close your eyes for a few minutes. The silence is a powerful stress reducer."

### TAKE DOWN INFLAMMATION AND SOME TYPES OF JOINT PAIN MAY GO WITH IT.



#### INFLAMMATION TRIGGER

### Sitting too much

Muscles do a lot more than help you look great, lift things, and get you up that hill at the end of your walking route; they actually release anti-inflammatory substances when they're at work, says Nicklas.

#### TAME IT

Moderate exercise, done consistently, has been shown to lower certain markers of inflammation. Hate tough workouts? Rejoice: Pushing yourself too hard can actually cause inflammation, says Nicklas. So start slow and steadily build the length and intensity of your activity sessions. Aim for exercise you can do regularly, not just once a week. If getting moving also helps you lose weight, that's another big dent in inflammation. Dr. Oz's rule of thumb: Activity should make you breathy when speaking, but not out of breath. That means your heart rate is up, but not stressing your body.

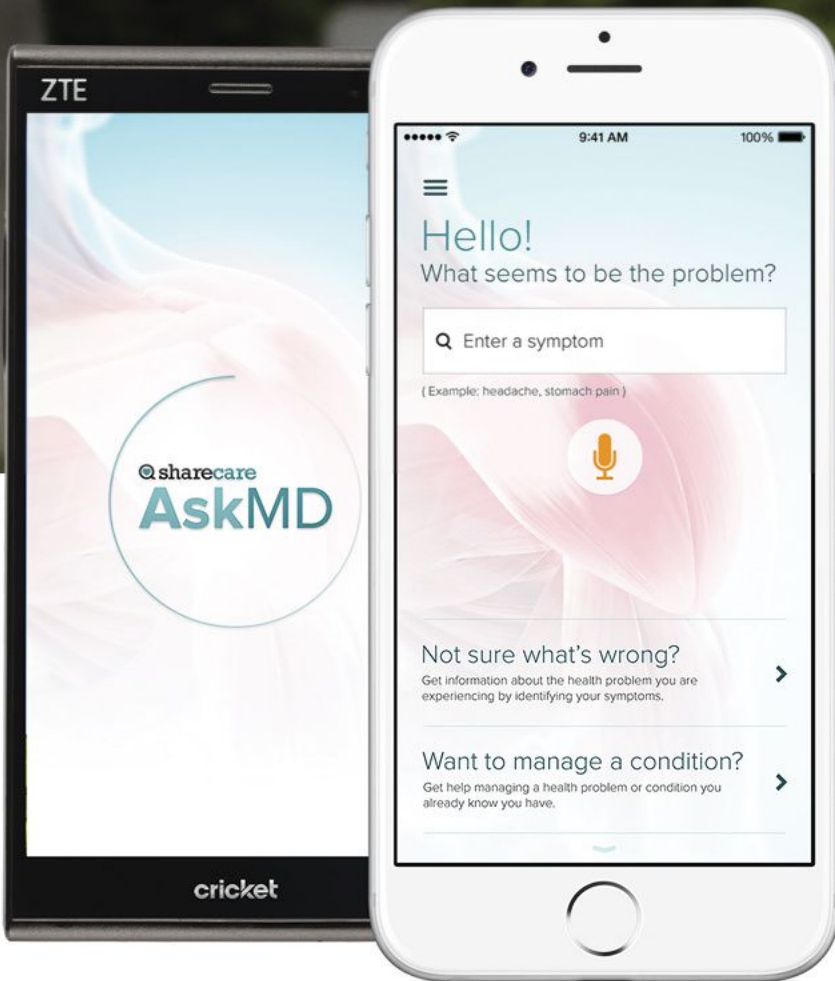
**THAT'S IT**—your anti-inflammatory to-do list. Rest assured, these moves will make you noticeably healthier whether inflammation is causing a ruckus within or not. Let's get started, all of us. ■

#### THE TEST THAT REVEALS TROUBLE INSIDE

While doctors can't yet measure inflammation directly, they have a blood test to check for one of its markers, called C-reactive protein (CRP). A high level of CRP indicates chronic inflammation, which raises your risk of cardiovascular disease, for one. In fact, the Harvard Women's Health Study found CRP levels may be more accurate than cholesterol in predicting heart disease. This test can't tell you where inflammation lurks, but "it's one tool that may help tell us if you're dealing with this problem or not," says cardiologist Andersen. Talk with your doctor about adding a CRP screen to your next round of bloodwork.



# Get from “what’s wrong?” to what you can do about it.



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# BACK TO YOU



## NEW SEASON SEPT 14

Go to [DoctorOz.com](http://DoctorOz.com) for Local Time & Channel



October

# TRUE BEAUTY

OZ NEWS: BEAUTY

## 5 THINGS WE JUST LEARNED

### OUR PICKS

- 1 Nourish Organic Rejuvenating Rose Hip & Rosewater Body Oil Mist (\$20, [nourishorganic.com](http://nourishorganic.com))
- 2 Laura Mercier Flawless Skin Infusion de Rose Nourishing Oil (\$62, [Sephora](http://Sephora))
- 3 Eminence Organic Skin Care Sweet Red Rose Whip Moisturizer (\$74, [dermstore.com](http://dermstore.com))



Turn for 4 More



1

### Nature's Blooms Can Soothe

Rose season may be winding down, but you'll want to make it a year-round part of your beauty routine, research suggests. Rose oil is rich in vitamin C, which protects your skin from the elements, keeping it soft and smooth, according to a study in *Dermatologica Sinica*. "The oil also seals in moisture to keep skin hydrated," says Jessica Weiser, M.D., a dermatologist at New York Dermatology Group.

Healthy Updates for Your Face, Hair & Body



3

## makeup smarts

2

## THERE'S A SAFER WAY TO SUPERLASHES

Long, luscious lashes instantly light up your face, but lash extensions probably aren't the way to go. (Glue? Near your eyes? It can be risky.) Allow us to introduce you to the safer, commitment-free alternative: fiber mascaras. These formulas are packed with tiny nylon fibers that latch onto your lashes to give them va-va-voom length and volume. Just brush on one or two coats like regular mascara. And both **Lorac Pro Plus Fiber Mascara** (pictured, \$23, Ulta) and **Maybelline Illegal Length Fiber Extensions Mascara** (\$9, drugstores) wipe off with regular makeup remover.



Apply mascara once from base to tip, and then put two additional coats on the tips only. Don't let the formula dry between coats or you'll have clump issues.



## Remover Can Smell Nice

Whew! Some nail polish removers can stink up your bathroom, but new natural options are gentler, with plant-based cleansers (no drying acetone here) and sweet essential oils. Our testers said it took them a minute or two longer to erase any last bits of color, but no fumes made up for that.

## OUR FAVORITES

Trust Fund Beauty Nail Polish Remover (pictured, \$22, [trustfundbeauty.com](http://trustfundbeauty.com)) and the Body Shop Sweet Almond Oil Nail Polish Remover (\$10, [thebodyshop-usa.com](http://thebodyshop-usa.com))

4

**Tired Eyes? Use a Pro Trick** After applying concealer, swipe any that's left on your brush or finger across your top lids to brighten the shadow-prone areas, says Paige Padgett, a makeup artist and author of *The Green Beauty Rules*.



5

## why didn't we think of that?

## ONE HAIR ACCESSORY DOES IT ALL

Calling all long-haired ladies—especially anyone who's tired of strands that slip out of her ponytail or ugly creases from too-tight elastics. A new hair accessory puts an end to all that. The **Invisibobble Traceless Hair Ring** (\$8 for three, [urbanoutfitters.com](http://urbanoutfitters.com)) looks like an old-school phone cord gone cute but neatly expands to hold all your hair with no pressure or tugging. Use it like a regular hair elastic, or, if you're feeling fancy, create a no-bobby pin bun by wrapping your ponytail around the base and tucking the ends into the hair ring itself. Genius!

These mini-marvels come in 12 shades, from black to bright pink.







HYDRATED, HEALTHY-LOOKING SKIN  
NOW FITS INTO YOUR MORNING RUSH.

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It leaves no greasy residue, letting you get dressed immediately.  
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enriched with pro-vitamin B5.

See back of bottle for full usage instructions.  
Avoid applying to bottom of feet. Thoroughly clean tub/shower  
with hot water after usage to remove residue and avoid slipping.

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Wash off  
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Apply In-Shower  
Body Lotion



Rinse off,  
dry off and go!

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## **ADDICTION IS HOPELESS WITHOUT YOU**

Share your story of recovery or message of hope with someone who needs to hear it. Visit [drugfree.org](http://drugfree.org) and join the “Stories of Hope” community.





## What's in Your... LIPSTICK?

Don't wind up with a graveyard of little tubes that didn't deliver. Our ingredient decoder will help you pick an "Ooh, I love it" lipstick every time.

BY HANNAH HICKOK PHOTOGRAPHED BY DANNY KIM

### THE DEAL WITH SHINY VS. MATTE

Glossy lipsticks get their dewy look from hydrating oils like **moringa**, **sunflower**, and **jojoba seed**. The flip side: Your color may not last as long, since the slippery texture can rub off. Matte lipsticks contain fewer oils and more waxes like **beeswax**, so they have an opaque finish but can be drying. If your lips are always parched, opt for a product with softening oil. Feathering is your big issue? Try a matte formula, which tends not to bleed into lines.

### For staying power...

...look for film formers, which create a cohesive layer that sticks to your skin (two reliable ones are called **hydrolyzed cornstarch** and **acrylates copolymers**). Even if the tube doesn't say "long wear," if it contains one of these ingredients, you're all set.

### Don't worry about lead in your lipstick

Any trace amounts in your product are way below FDA-approved limits. Many formulas also contain other metals, including **insoluble aluminum** (to prevent bleeding), **titanium dioxide** (for a metallic effect), and **bismuth oxychloride** and **zinc oxide** (for color). They're all safe at the regulated amounts—even if you eat them along with your salad.

### PRO COLOR TIP

Regretting that bright magenta? "Swipe clear balm over it," suggests celebrity makeup artist Coleen Campbell-Olwell. "That breaks down the pigment, making it softer and more wearable."

### FIND A GREAT NATURAL ONE

Natural lipsticks, once health food store finds, are suddenly everywhere. How to choose one that's worth your dough:

- **FOR COLOR** Look for **iron oxides**, naturally occurring mineral compounds (made in a lab for safety) on the label.
- **FOR LONG WEAR** **Citric acid** (sometimes listed as triisostearyl citrate) forms a barrier over lips, helping color last.
- **FOR PROTECTION** Botanical extracts like **pomegranate**, **blackberry**, **coffee**, or **cranberry extract** contain skin-repairing antioxidants; **vitamins C and E** condition lips.



# THE goodstuff

PRODUCTS, PROMOTIONS & EVENTS



## 1 SunChips® Snacks

100% whole grain and a whole lot of delicious! SunChips® snacks are made with 100% whole grains and have flavors that are inspired by real, fresh ingredients. They are sure to Shake Up the Snackus Quo™!

[sunchips.com](http://sunchips.com)



## 2 GEICO

GEICO has been saving people money on car insurance for more than 75 years, and we'd love to do the same for you. Get a FREE quote at [geico.com](http://geico.com), call 1-800-947-AUTO(2886) or your local office.

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## 3 TENA®

Just because your bladder is changing doesn't mean you have to. TENA® Overnight Pads offer a restful night's sleep, designed with a wider back for "lie down protection" and unique super-absorbent technology that locks in moisture and odor.

[tena.us](http://tena.us)



## 4 Panera Bread

There's only one good way to make a good turkey sandwich. Real turkey. Nothing artificial. Carved thick and eaten well. Panera Bread. Food as it should be.

[panerabread.com](http://panerabread.com)



Food as it should be.





To remove deep-in-there dirt, derms recommend using small, circular motions when cleansing.

## It's All in the Way You Wash Your Face

Type “how to wash your face” into Google and more than 60 million results pop up. No wonder women are confused: There are more products than ever out there, many with potent clarifying, hydrating, and antiaging ingredients. Turn the page for your custom cleansing solution.

BY KRISTA BENNETT DEMAIO



## Dermatologists Come Clean

"I see so many patients with dry, flaky faces because they're just too aggressive with cleansing," says Heidi Waldorf, M.D., an associate clinical professor of dermatology at Mount Sinai Hospital in New York. Take this face-washing advice: It's what derms tell patients, and do themselves.

### ► **Water temp matters**

Go ahead, wash your pots and pans in hot water, but cool it with your face, says New York dermatologist Francesca Fusco, M.D. Steaming water strips skin's barrier of natural oils, leaving it dry and irritated. You want a happy medium: "Lukewarm is always best," she says.

### ► **Take your time**

"Most women simply don't cleanse for long enough," says Jeanine Downie, M.D., a dermatologist in Montclair, NJ. You will need at least a minute, she says, to dislodge the built-up dirt and bacteria that should be rinsed away. (Downie lathers up her face for two full minutes.) For normal skin, a nightly wash is enough; in the A.M., just splash your face with water, or do what Fusco does and whisk away residue with a cleansing wipe. If you're prone to acne, cleanse twice a day to reduce bacteria.

### ► **Makeup remover is optional**

Seriously, not one dermatologist we spoke to uses one. Today's cleansers, especially the new oil-based formulas, can dissolve makeup without irritating your eyes. The exception: "If you wear a thick coat of foundation or swipe on a water-resistant mascara every day, you might need remover to cut through it all," says Fusco. This is also

where the trendy "double cleanse" can be helpful. "Some of my patients will start with a lightweight cream or oil-based cleanser to remove makeup and then follow up with a foaming formula to get rid of the rest of the gunk," says Waldorf (see options, opposite page).

### ► **Bubbles aren't evil**

Suds have long gotten a bad rap for overstripping your skin. "Harsh surfactants such as sodium lauryl sulfate can wash away your skin's lipid barrier, leaving your face feeling dry and uncomfortably tight," says Waldorf. But these days, not all foams are created equal, she adds: "We now have surfactants that suds up but won't overdry." (Waldorf herself uses a gentle foaming wash.) Look for mild ones such as sodium cocoyl isethionate (it's derived from coconut oil) or sodium N-cocoyl glycinate (amino acid-based). If you like a thick, frothy lather, make sure to pick a cleanser with hydrating powerhouses like glycerin near the very top of the ingredient list.

### ► **Whoops, you missed a spot**

"Many women, especially if they're washing at the sink and not in the shower, wind up with leftover product around the periphery of their face," says Fusco. (So that's why you've been

breaking out along your hairline!) Pull your hair back off your face, and rinse until you no longer see suds or feel a slippery residue. There's no need to overdo it though: That old-school rule about splashing your skin 20 times is more myth than magic. "A couple of good ones should be enough," says Waldorf.

### ► **You don't need special tools, but...**

If you wear a lot of makeup, layer on sunscreen, live in a particularly smoggy city, or break a sweat often, using just your fingers might not be enough to get a good clean. Oscillating cleansing brushes are an option. They combine nylon bristles with sonic vibrations to help flex your pores, loosening the glop inside and sweeping away dead skin cells. "Women tend to overdo it, using them too often or pressing them into their skin too hard," says Downie. "A few times a week is plenty, and I recommend holding the brush with your non-dominant hand for a softer touch." Fusco also likes the new silicone cleansing devices for sensitive types like the Foreo Luna (\$199, [sephora.com](http://sephora.com)), which use soft nubs to massage and wiggle pores until the dirt comes out. "They don't exfoliate, so they really are gentle enough to use every day," she says.

### **Better-for-you bars**

**Not your husband's harsh bar soap (in fact, he might start borrowing yours): New, gentle versions boast hydrators like the hyaluronic acid and ceramides that you'd typically find in fancy creams. The result is soft, not stripped, skin.**



Cetaphil Gentle Cleansing Antibacterial Bar (\$5.50, drugstores)



Dove Go Fresh Revitalize Beauty Bar (\$4 for two, drugstores)



CeraVe Hydrating Cleanser Bar (\$7, drugstores)



### Good for Oily Skin



1



2



3

### Good for All Skin Types



4



5

### Good for Dry, Sensitive Skin



6



7



8

## Next-Gen Face Washes

Check this diagram to find the type of product that'll do great things for your skin.

### Oily Skin

#### 1 Cleansing Mask

This oil vacuum can be used as a regular face wash or a leave-on (three to 10 minutes) that intensely flushes pores. Try GlamGlow ThirstyCleanse Daily Hydrating Cleanser (\$39, [Sephora](#)).

#### 2 Mousse

A foaming mousse will sweep away debris and leave no residue. We like Chanel Mousse Douceur Rinse-Off Foaming Mousse Cleanser (\$45, [chanelusa.com](#)).

#### 3 Powder

Add a few drops of water to form a paste, and rub it across your face to eliminate dirt, debris, and dead skin. A good one: June Jacobs Radiant Refining Exfoliating Powder (\$52, [junejacobs.com](#)).

### All Skin Types

#### 4 Cleansing oil

Apply this oil to dry skin, then add water to rinse clean. Neutrogena Ultra Light Cleansing Oil (\$9, [drugstores](#)) does a great job.

#### 5 Melting cleanser

It starts as a gel, morphs into an oil as you rub it in, then transforms into a milk to tackle grime. Try Boots No7 Beautiful Skin Melting Gel Cleanser (\$10, [Target](#)).

### Dry, Sensitive Skin

#### 6 Cleansing milk

A cleansing milk doesn't foam, so you can wipe it off without water or rinse clean. One option: Soap & Glory Peaches and Clean 4-in-1 Wash-Off Deep Cleansing Milk (\$15, [skinstore.com](#)).

#### 7 Cleansing balm

This uses plant oils to grab onto yuckiness. Massage onto dry skin, then wipe away. We love Clinique Take the Day Off Cleansing Balm (\$28.50, [clinique.com](#)).

#### 8 Micellar water

This liquid has tiny molecules that attract dirt. No soap. No rinse. No drying. Lancôme Eau Fraîche Douceur Micellar Cleansing Water (\$38, [lancome-usa.com](#)) is a nice one.



# WHAT HAPPENS WHEN... BEAUTY EDITION

Is testing lipstick at the store counter really that icky? How bad is it to shave with an old razor? We know, you're asking for a friend (*wink, wink*). Either way, you'll find answers here.

BY LISA WHITMORE  
ILLUSTRATIONS BY TRACI DABERKO



## 1 ...You use too many antiaging products at once

It depends: Some people can tolerate a pile-on of products with different active ingredients; others can't. Try a regimen—say, a retinol cream with an alpha hydroxy acid cleanser one night and an antioxidant serum with a benzoyl peroxide cream the next. If your skin gets irritated, revert to this bare-bones routine from Joshua Zeichner, M.D., director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York: Smooth on an antioxidant serum with vitamin C (for oily skin) or vitamin E (for drier types) in the morning followed by a moisturizer with SPF 30 or higher, and use a topical retinoid (that's prescription Retin-A or an OTC retinol cream) at night.



## 2 ...You try on the makeup at the display counter

Would you let 50 strangers use your toothbrush in the morning? How about offering them your new deodorant to try? Gross, right? It's the same here. "Putting contaminated tester products on your skin can lead to acne breakouts, eye infections, styes, and cold sores," says Zeichner. Creams, such as concealers, eyeliners, and lipsticks, are the riskiest, since they're more likely to breed bacteria than powders. "You can easily swipe a color on the inside of your wrist to gauge the shade," recommends Joey Healy, a makeup pro in New York. If you simply must see how it looks on your face, be sure to stick to stores that offer alcohol sprays and tissues to clean products, or ask the person behind the counter to clean the tester for you.

## 3 ...You use an old razor to shave

Whether you wind up with a stubbly, patchy shave job or a red, itchy razor burn—it ain't pretty. "Using a dull blade often means you need to shave harder and go over an area more than once," says Mona Gohara, M.D., an associate professor of dermatology at Yale University. That's when hair follicles can become inflamed and protect themselves by forming those telltale red bumps we know as razor burn. Sidestep all this by changing your blade every few weeks.



4

### ...You squeeze a blackhead

So...tempting...to squeeze. Try to avoid the urge, though. If you use too much pressure, you risk pushing the clog deeper down into your pore or even scarring or discoloring your skin (especially if you have a brown complexion), says Zeichner. Instead, he recommends using a treatment product with salicylic acid, which will flush your pores of excess dirt, oil, and dead skin cells. If you can't keep your fingers off your face, Zeichner says it's important to think of blackhead extraction as a sterile surgical procedure. "Wash your hands and face and use two cotton swabs to apply gentle pressure inward and toward the center of the clog," he suggests. If it isn't budging, stop immediately.

5

### ...You use eyeliner on the inner rim of your eyelashes

**Recent research underscores what you probably already know: The closer you put something to your eye, the likelier it is to cause problems in there, like a nasty case of conjunctivitis. You also run the risk of poking the eye or interfering with tear ducts, causing styes, says Randy McLaughlin, O.D., an assistant professor of clinical ophthalmology at the Ohio State University. Healy agrees that skipping it is a good idea. "Use a small brush to wiggle a little bit of liner in between your lashes," he says. "You'll get the same effect."**

6

### ...You overpluck your brows

You may have to wait eight to 12 weeks for the hair to grow, or worse. Tweezing an area repeatedly can scar the inside of the follicle so hair doesn't grow back at all, says Gohara. You could also end up with red, irritated splotches or permanent dark spots. Not a good look. When it comes to major brow shaping, see a reputable pro, says Healy. She'll pluck carefully and judiciously; then you can remove errant hairs as they grow back.

7

### ...You blow-dry your hair without a heat protector

Think of it this way: You wouldn't hit the beach without a generous coating of sunscreen, right? Your hair needs the same protection when you're blow-drying, flat-ironing, or curling. Heat protectors typically coat strands with silicones, which guard against the scorching temps from styling tools. Some also contain moisturizing ingredients like glycerin or oils to nourish hair as you style. But, Gohara warns, using a heat-protecting spray or serum doesn't mean you're avoiding all damage. That's why it's also a good idea to dial down the temperature on your tools (to be safe, stick to 350 degrees or lower).

8

### ...You hit the sack without washing your face

**Aside from waking up with raccoon eyes, if you go to bed without giving your mug a good cleansing, your skin will actually suffer. "We shed about 40,000 dead skin cells per minute, and that turnover accelerates when we sleep," says Gohara. "When you leave on makeup or sunscreen overnight, it creates a barrier that makes it much harder for those dead cells to slough off." That's when your complexion can start to look dull and sallow. Plus, she says, "all the moving around you do while you sleep, including the friction from smooshing your face on a pillow, can rub leftover makeup and oil deeper into your pores." So wash before bed, or at least run a makeup-removing wipe over your skin.**





# Kinder, Gentler Anti-Agers

Want to fight wrinkles, dark spots, and more, without roughing up your skin? Try the stealthy approach, with pampering products that sneak in potent ingredients.

## For adult acne...

### FULL-STRENGTH OPTION

Pimples in your forties? So. Not. Fair! **Benzoyl peroxide** is considered the powerhouse acne fighter because it kills acne-causing bacteria and may slow the production of skin's natural oils. But steer clear unless you have the T-zone of a teen: "The ingredient can be irritating and may degrade collagen, leading to fine lines," says dermatologist Leslie Baumann, M.D., author of *Cosmeceuticals and Cosmetic Ingredients*.

### GENTLER WAY

**Sulfur** has a long track record of being a good anti-inflammatory that can be easier on skin. Try (1) Malin+Goetz Acne Treatment Nighttime (\$22, malinandgoetz.com). Or go with a

cream that has **thyme extract**, which experts say may also zap acne bacteria. We like the (2) Mario Badescu Anti-Acne Serum (\$20, ulta.com).

## For dark spots...

### FULL-STRENGTH OPTION

"By far the best ingredient for inhibiting melanin production, which causes dark spots, is prescription **hydroquinone**," says Patricia Farris, M.D., a clinical associate professor of dermatology at Tulane University School of Medicine in New

Orleans. You'll find it in Tri-Luma Cream (with 4% hydroquinone) or OTC products (with up to 2%). But experts say some women are leery of using the ingredient because it makes their skin red and stings as it goes on.

### GENTLER WAY

Five easier-on-skin alternatives: **glucosamine, arbutin, kojic acid, vitamin C, or niacinamide**. Each of these on its own helps fade dark spots, but Farris suggests picking up a product that combines several, like (3) Paula's Choice Resist Pure Radiance Skin Brightening Treatment (\$32, paulaschoice.com) or (4) Olay Regenerist Luminous Brightening & Protecting Lotion (\$26, drugstores). These lighteners are good at getting



1



2



3



4

5



### SEE SPOTS RUN

The sting-free way to a beautiful complexion is this combo of soft-touch ingredients.



rid of sunspots that have just popped up. “For severe melasma, nothing will work quite as well as the hydroquinone,” Farris says.

### For rough skin...

#### FULL-STRENGTH OPTION

As we age, our skin’s ability to shed dead skin cells can slow, dulling our complexion. Many derms turn to certain potent **alpha hydroxy acids** to sweep away that blah look—but these ingredients can be “too harsh for those with sensitive skin or rosacea,” says Baumann. “Even some over-the-counter products can cause a reaction.”

#### GENTLER WAY

Experts say milder **fruit acids** can exfoliate just as well as other acids but may be less harsh. Be patient, though. “It may take longer to see results with fruit acids, but they catch up quickly if used regularly,” says Macrene Alexiades, M.D., Ph.D., an associate clinical professor of dermatology at Yale School of Medicine. Powerful alternatives include citric acid from citrus, malic acid from apples, and tartaric acid from grapes. One to try: (5) Jurlique Fruit Enzyme Exfoliator (\$47, [jurlique.com](http://jurlique.com)). Baumann also recommends products with **polyhydroxy acids**, like (6) NeoStrata Restore Facial Cleanser (\$34, [neostrata.com](http://neostrata.com)).

### For wrinkles...

#### FULL-STRENGTH OPTION

Vitamin A derivatives called **retinoids** are one of the best wrinkle fighters; the pre-

scription version is the only FDA-approved topical treatment for lines. But in order to produce the healthy collagen cells that can firm up your outer layer, they can inflame and irritate skin. If that happens, it’s worth visiting the drugstore for a milder retinol product. Still angering your complexion? Don’t worry, you’ve got options.

#### GENTLER WAY

**Peptides** are favorites among derms because they temporarily firm skin without dryness or flaking. (They can show up on labels as acetyl hexapeptide-3 and palmitoyl

oligopeptide.) You won’t get the extra benefits of retinoids like smoother texture or faded spots, but “retinopeptides, in particular, have similar effects on skin as retinoids,” says Alexiades. Two we like: (7) Peter Thomas Roth Retinol Fusion Alternative Anti-Wrinkle Solution (\$85, [Sephora](http://Sephora.com)) and (8) Goldfaden MD Needle-less Line Smoothing Concentrate (\$115, [goldfadenmd.com](http://goldfadenmd.com)).

#### SMOOTH SKIN, NO STING

Want a glow that’s not tinted red? Try an acid that’s kinder to your face.



**WANT RESULTS LIKE THIS?  
CALL THE HOTLINE**

Most hair color boxes list an 800 number on the back that connects you to the brand's experts. But don't wait for a color crisis: Call before you start to get your questions answered—and avoid mishaps.

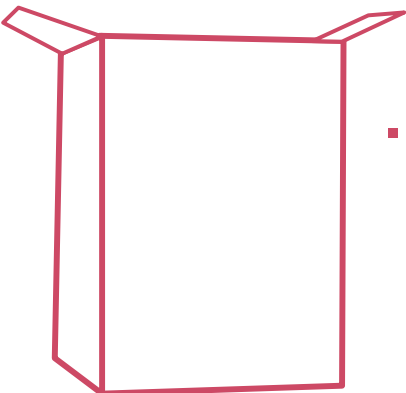




# WOW!

THAT COLOR  
CAME FROM A

# B



# X?

Yes, colorist **SHARON DORRAM** used drugstore boxed dye to get glorious results on the four women here. Tap her insider knowledge for guaranteed dye-it-yourself success. No PTSD (post-traumatic color-disaster disorder), just an instantly younger, fresher look.

BY SARAH WEIR  
PHOTOGRAPHED BY SERGIO KURHAJEC



**KEEP COLOR OFF SKIN**

Apply petroleum jelly around your hairline before you dye so the shade doesn't tint your skin. Missed a spot? Use warm water with soap if there are any telltale stains.

**Softer****and Sexier****before****Emma, 33**

This harsh blonde was washing out Emma's fair skin. She'd drifted way too far from her natural light brunette. Dorram's advice for all of us: "Stick to two to three shades lighter or darker than your natural color for a hue that always works." For Emma, she blended a half-and-half mixture of **Clairol Natural Instincts Crema Keratina in Golden Blonde** and **Light Brown** (\$9 each, drugstores) to create this gorgeous reddish brown.



Allover

Richness



before

**Katie, 40**

Her lighter brown tones looked over-processed and dry, so Dorram used **Vidal Sassoon Salonist Permanent At-Home Colour in Medium Cool Brown (\$14, walmart.com)** to tone them down. Since the ends of your hair are more damaged and soak up dye faster, do as Dorram did and apply color from root to mid-shaft first, and then run the same shade through to the ends 10 minutes later.

STYLING BY JENNIFER SMITH AT ELYSE CONNOLLY. HAIR BY MIA SANTIAGO AT SHARON DORRAM AT SALLY HERSBERGER. MAKEUP BY RACHEL WOOD AT ABTP. ON EMMA: CLOSED BLOUSE AND COAT, AT CLOSED.COM. ON KATIE: MAJE SWEATER, AT BLOOMINGDALE'S

#### USE THE RIGHT STYLERS

An easy way to make your new shade last: "Stay away from styling products with alcohol in them," says Dorram. They tend to cause color to fade quickly.



## Grays Gone!



before

### Carrie, 43

Covering grays is what boxed dye is perfect for, says Dorram. She knocked out Carrie's silvery streaks with **Garnier Nourishing Color Creme in Medium Natural Brown** (\$8, drug-stores). Her advice for you: Buy two boxes. Coarser gray hair can be stubborn, and you might need a second go-round to cover them fully, especially if your hair is thick.

### ADD EXTRA SHINE

There's no getting around it: Coloring can be rough on your hair. Keep it healthy-looking by working vitamin E oil onto strands before bed once a week.



### DO A STRAND TEST

Color processes differently on everyone, so try out a few shades on small sections of hair before putting color all over.

Blended

Browns



before

**Genesis, 27**

The ombré look had its moment, and now it's over. To give Genesis one pretty color, Dorram lightened her top section with **L'Oréal Paris Excellence Age Perfect in Light Natural Blonde** and deepened her ends with **Medium Natural Blonde** (\$9 each, drugstores). Dorram also added a few highlights with **L'Oréal Paris Superior Preference Glam Lights in Medium Brown to Dark Brown** (\$13, drugstores).



### MEET OUR PRO

*Sharon Dorram is head colorist at Sharon Dorram Color at Sally Hershberger in NYC.*





**WE'RE ALL CONNECTED.** We believe each little bit is as important as the whole. Like the six different grains that go into every delicious bowl of Organic Promise Sprouted Grains.



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# GOOD EATING

OZ NEWS: FOOD

## 5 THINGS WE JUST LEARNED

Turn for 4 More



1

### Look! Avocado in Spritz Form

The culinary rock star has made its way to our frying pans with game-changing avocado-oil cooking spray. Like olive oil, avocado oil is full of healthy fats, and its high smoke point makes it ideal for, say, veggie stir-fries. (Bored with your basic combo? Get new inspiration at right.) We love the spray-propellant-free choices from Chosen Foods, La Tourangelle, and Pompeian (available online and in grocery stores).

#### dinner beginners

Start with avocado oil, then go a little wild with your stir-fry ingredients.

1. ASPARAGUS + SCALLIONS + GINGER + GARLIC + SHRIMP
2. MUSHROOMS + SNAP PEAS + BROCCOLI + PINEAPPLE + SOY SAUCE
3. CORN + ZUCCHINI + BELL PEPPERS + ONION + LEMON JUICE

Yummy Fall Food Inspiration





Measuring cup?  
Serving spoon?  
Both! And the  
notch hooks  
right onto your  
serving bowl.



2

kitchen assistant

## SCOOP SMARTER

There's nothing sad or diet-y about Livliga's chic new LivSpoons. The sleek utensils let you dish out the right serving size without guessing ("that's *totally* ½ cup—riiiight?"), and they're pretty enough to keep on the table. Help yourself as usual, but know exactly how much you're eating. There: Portions, controlled. (\$50 for set of four, [livligahome.com](http://livligahome.com))



3

**Tea Season Just Got Hotter** 1. Chai and chia seeds team up in Chia Chai. (\$18.50 per can, [republicoftea.com](http://republicoftea.com)) 2. Aloha's new teas star Oz-alicious ingredients like ginger. (\$10 per box, [aloha.com](http://aloha.com)) 3. Teapigs' quirky flavors (Chocolate & Mint!) wake up herbal. (\$10 per pack, [teapigs.com](http://teapigs.com))

4

what's cookin'

## WAIT—A WHOLE BOOK ON TOAST?

Yup, it turns out smashed avocado is just the tip of the toast-berg. Food writer Raquel Pelzel's new cookbook, *Toast*, is packed with delicious riffs on the simple staple. We can't get enough of this berry-topped option.



### Roasted Strawberries with Whipped Ricotta on Toast

Toss 4 cups halved strawberries with 2 Tbsp sugar. Line a baking sheet with parchment paper; arrange strawberries, cut sides up, and roast at 350°F for 20 min. Set aside to cool. In a bowl, whisk 1 cup ricotta cheese with ¼ cup heavy cream and 2 tsp rose water (optional). Spread ricotta mixture on 4 whole-grain toasts and top with roasted berries. Serves 4.

(Adapted from *Toast: The Cookbook*, by Raquel Pelzel, Phaidon)



5

## Breakfast Booster

If your A.M. routine stars oatmeal, yogurt, cereal—or pretty much anything else in a bowl—Organic Breakfast Toppers, new from Back to the Roots, are a must-try. The sprinkle-ready blends of nuts, seeds, and dried fruit jazz up morning foods with crunch and flavor. We love that all three (including the addictive raisin, buckwheat, and sunflower seed combo) have no added sugars or funny ingredients on the label. (\$6 per can, [backtotheroots.com](http://backtotheroots.com))





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“Whenever I hear from you, I learn so much about what it means to live the good life. So keep sharing!”

Mehmet Oz, M.D.



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# Real turkey. Nothing artificial. Carved thick. Eaten well.

There's only one way to  
make a good turkey sandwich.  
The right way to eat it,  
is however you eat it.

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ROASTED TURKEY  
CRANBERRY FLATBREAD



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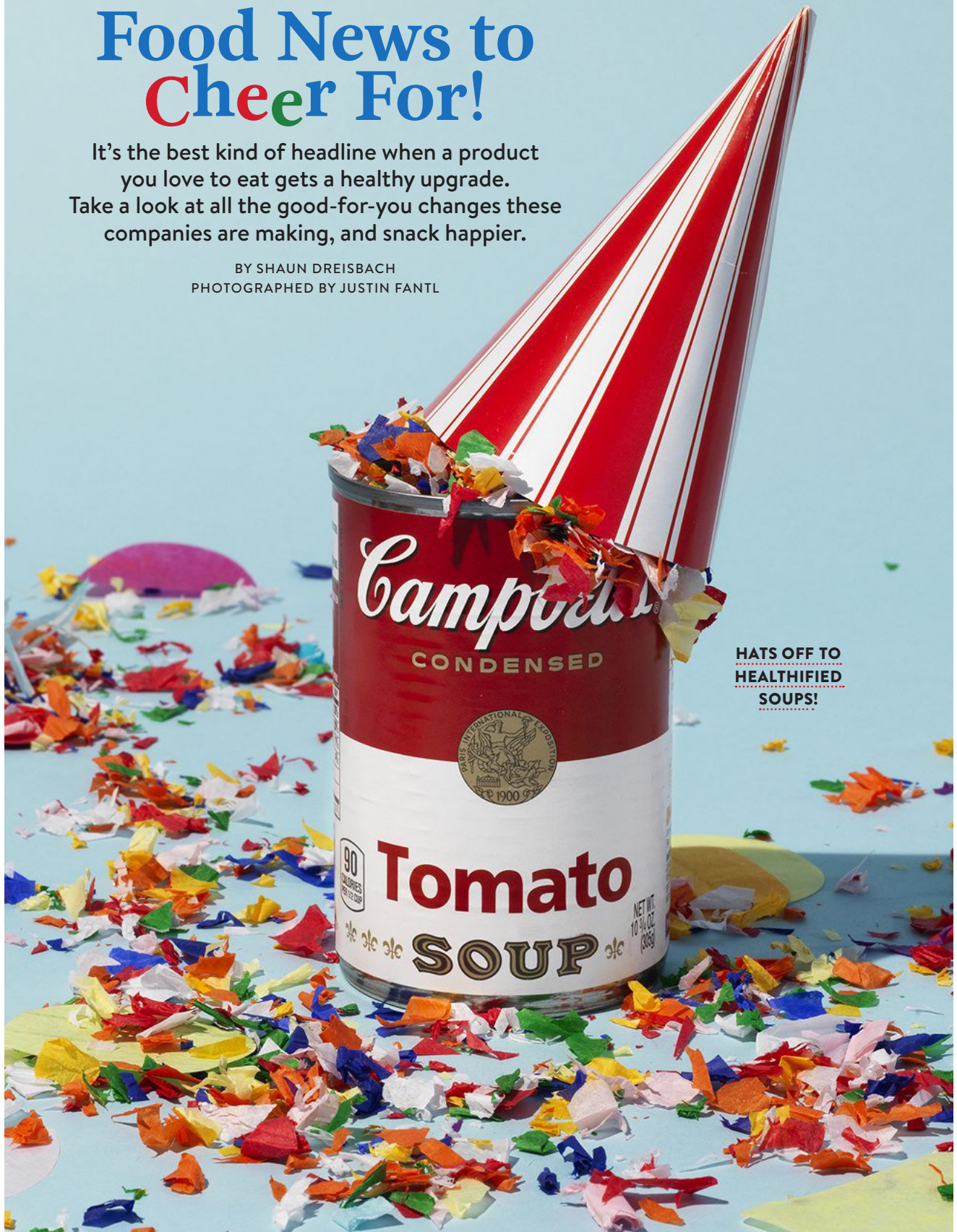
## Food as it should be.



# Food News to Cheer For!

It's the best kind of headline when a product you love to eat gets a healthy upgrade. Take a look at all the good-for-you changes these companies are making, and snack happier.

BY SHAUN DREISBACH  
PHOTOGRAPHED BY JUSTIN FANTL



HATS OFF TO  
HEALTHIFIED  
SOUPS!





**REAL  
FLAVORS AT  
PIZZA HUT**

These days, consumers like you don't blindly consume; we all care more than ever about what's in the food we eat. We want simpler, cleaner ingredients and less of the added stuff. The big news: Plenty of food manufacturers and restaurant chains agree. "People are demanding more natural choices, and food companies are giving them to us," says Marion Nestle, Ph.D., M.P.H., a professor of nutrition, food studies, and public health at New York University. "It's amazing how much this trend has taken off. It seems that every week, another announcement is made."

That's incredibly gratifying, considering that it takes a lot for big corporations to overhaul iconic food products like the classic blue-box Kraft Macaroni & Cheese, or the Butterfinger bar that's been making chocolate lovers giddy since the 1920s. This month, we're saying thanks to the companies leading the way, shaking up their recipes to give us all a bit less to worry about. You don't have to hunt their products down in health food stores or go to a pricey farm-to-table restaurant in Organicville. They're in the stores and eateries you frequent the most. Take a look, and spread the word. That's how a few changes turn into a revolution.

#### ► **GREAT NEWS**

### **Less Artificial, More Real**

Even though artificial food colorings are approved by the FDA, some scientists raise concerns about their negative effect on our health. So isn't it nice to know that the hue of a favorite food comes from nature? A few companies that are dropping dyes and other better-without-them ingredients:

**Kraft** is replacing artificial food coloring in its Macaroni & Cheese with all-natural annatto, paprika, and turmeric, a spice that's really good for you. (See "Super Spices" and our recipe booklet on page 80.) The new mac will be on shelves in January; Kraft has already made the swap in a version targeted to children and reduced its sodium and saturated fat content, too. Kids didn't bat an eyelash—they're still asking for seconds.





**BETTER  
CHICKEN  
AT YOUR  
MCDONALD'S**



**EVEN CANDY  
COMPANIES  
ARE SAYING BYE,  
ARTIFICIAL;  
HELLO, NATURAL.**

**Unilever's** I Can't Believe It's Not Butter! makeover began when they phased out partially hydrogenated oils, eliminating bad-for-you trans fats. Since then, the number of ingredients has been reduced from 15 to 10; the list is a whole lot simpler and easier to pronounce. The latest change: They swapped in vinegar for artificial preservatives.

**Taco Bell** is nixing the artificial colors and flavors used in many of its menu items such as nacho cheese and red tortilla strips. The changes will all be rolled out by the end of the year.

**Pizza Hut** has stripped all artificial flavors and colors from its pizzas. The veggie toppings are getting more real too. One example: The dye that made the banana peppers look so yellow is being replaced by healthy turmeric.

**Panera Bread** recently announced what it's calling "The No No List," a rundown of more than 150 ingredients, including artificial preservatives and faux flavors and colors, that will be removed from its menu items by the end of 2016.

**Nestlé** has started using flavor boosters and colorings from natural sources instead of artificial ones. For example, the inside of a Butterfinger is still orange—only the color comes from the seeds of an achiote tree.

#### ► GREAT NEWS

### Fewer Antibiotics in Meat and Poultry

Experts have warned us about overuse of antibiotics in food production for a long time. One problem with giving animals antibiotics, sometimes just to help them grow faster: Bacteria can become resistant to them—and when that happens, the ones humans need when we're sick might not work as well. So high fives to these companies:

**Costco** announced that it plans to stop selling meat from animals that have been given the types of antibiotics that are also used to fight human infections.

**Perdue** says that 96% of its chicken flock never receive an antibiotic that is used in human medicine.

**Tyson** plans to completely eliminate human antibiotics from its chicken production by 2017.

**McDonald's** is phasing out using chickens that were given antibiotics important to human medicine, a change that will happen over the next two years. It joins a slew of other chain restaurants that have cut back on antibiotics, like **Carl's Jr.**, **Panera Bread**, and **Pret A Manger**. Special props to **Chipotle**—they made the decision to give antibiotics the boot more than 10 years ago.

#### ► GREAT NEWS

### Foods Are Less of a Salt Lick

Salt is controversial: While many experts maintain that it can harm our health, some studies question the conventional wisdom that most people should





## TEMPTING MEETS WHOLESOME

The Special K Flatbread Sandwich. Real eggs, sizzling bacon, and melty cheese, all in 220 deliciously satisfying calories.





cut back. Until we know for sure, it helps to have more control over how much we pour into our bodies. A few of the companies making this possible:

**Campbell Soup Company** says 72% of its products, including soups, now meet the FDA's sodium standards for healthy foods. Next up: They're ditching artificial colors and flavors from most offerings.

**Walmart** is reducing sodium in its private-label products by 25%, and extra kudos: The chain has also been working with other suppliers to scale down salt by early 2016.

**General Mills** slashed the sodium in many of its foods. Chex Mix got a 40% salt reduction; frozen pizza, 25%.

**Subway** has cut back on the sodium content of a number of those yummy items in its topper bar, making some sammies 28% less salty overall.

3 GREAT  
UPDATES  
ON

## Sugar

### 1 SWEET DRINKS ARE OFF KIDS MENUS

There's strong evidence that limiting sugary beverages can help keep children slimmer. Considering that one-third of American kids are overweight or obese, we're congratulating **Dairy Queen, Burger King, Wendy's, and McDonald's** for taking sodas off the kiddie menu.

### 2 IT'S EASIER TO SPOT ADDED SUGAR

The average American consumes more than three times the recommended amount of added sugar every day; cutting back will do good things for our waistlines as well as our overall health. We're especially impressed when a candy company is in favor of more transparency in sugar labeling, supporting a movement to take any tricks out of our treats.

**Mars**, the company that makes popular sweets including **M&M's, Snickers, and Twix**, gave a thumbs-up to an FDA proposal asking for "added sugars" to be noted on nutrition labels. This would distinguish the sweeteners from the naturally occurring sugars in foods like fruit and milk. The company even came out in support of the World Health Organization's recommendation to limit sugar intake to no more than 10% of total daily calories.

3 A SNACK THAT'S LESS SWEET—BUT STILL DELICIOUS  
**Yoplait** slashed the sugar content in its yogurt by 25%. It took three years and more than 70 employees to reformulate the recipes so they're just as tasty for even a hard-to-satisfy sweet tooth.

New!



Special  
K<sup>®</sup>

The Special K Flatbread Medley. Eggs with spinach and melty cheese on a thin bagel baked with whole grain, all in 170 deliciously satisfying calories.



Find it with frozen breakfast sandwiches.



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**TIP: TURN THE  
PORTIONS AROUND!**

Serve warm Francesco Fortified over  
fresh baby spinach. Toss with one  
cup cooked whole wheat pasta for a  
quick satisfying meal!

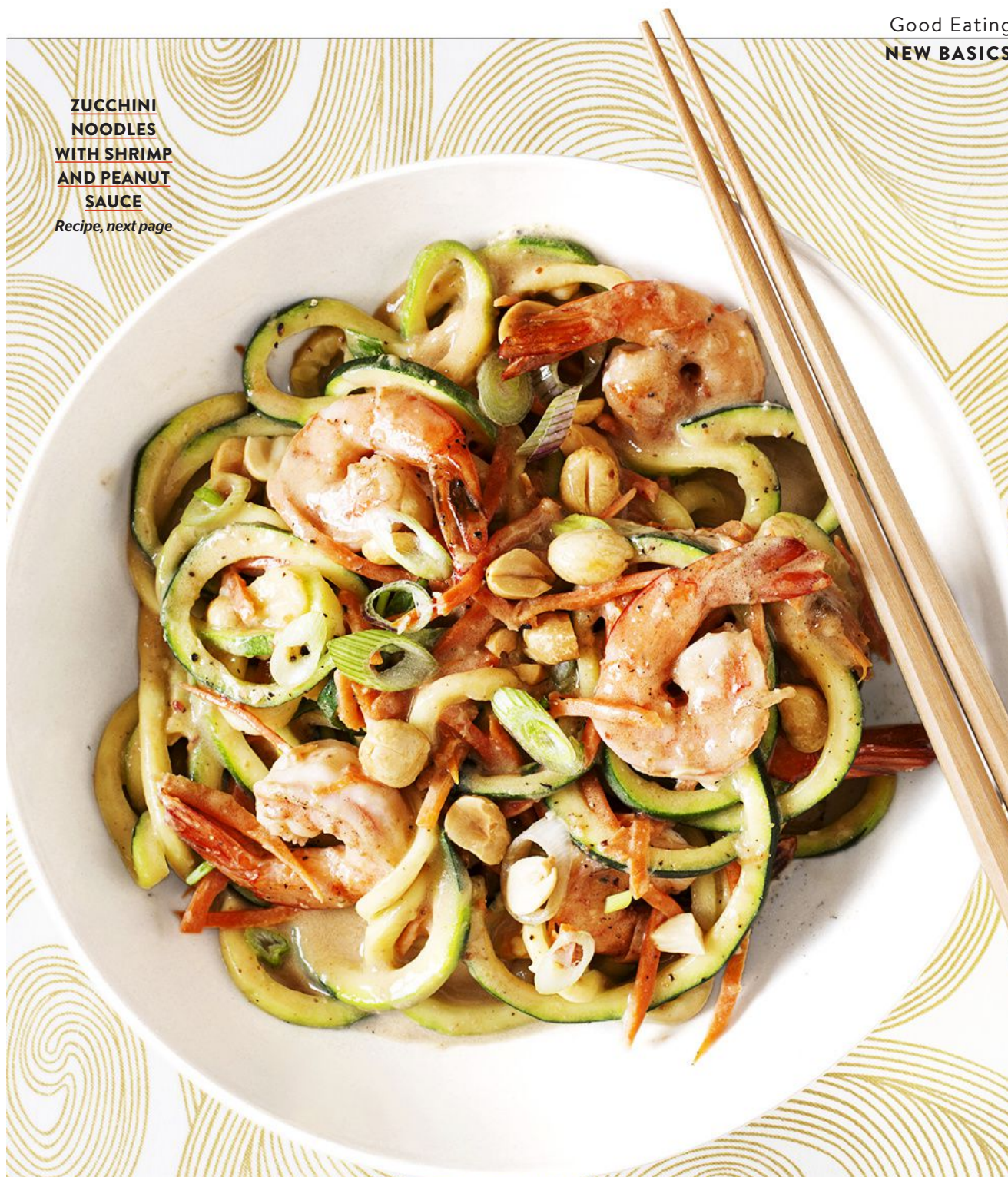


FrancescoRinaldi.com



**ZUCCHINI  
NOODLES  
WITH SHRIMP  
AND PEANUT  
SAUCE**

*Recipe, next page*



## ALL-YOU-CAN-EAT “PASTA”!

Why are we cool with seconds of these dishes? Because they're made with spiralized veggies. Pull out your spiral slicer (buy one if you haven't yet) and use your noodle, four new ways.

RECIPES BY SUSAN SPUNGEN PHOTOGRAPHED BY BURCU AVSAR



**Zucchini Noodles with Shrimp and Peanut Sauce**

Prep 20 min — Cook 15 min

Serves 4

- 4 medium zucchini (8 to 10 oz each)
- 4 tsp vegetable oil
- ½ lb peeled and cleaned medium shrimp (fresh or thawed frozen)
- 2 garlic cloves, minced
- 2 Tbsp grated fresh ginger
- 8 scallions, thinly sliced, plus more for garnish
- 2 cups preshredded carrots
- ½ cup creamy natural peanut butter
- 1 (13.5-oz) can light coconut milk
- Juice of 1 lime
- 2 tsp chili paste
- 1 Tbsp white miso (fermented soybean paste; at health- and Asian-food markets)
- ½ tsp coarse salt
- ¼ tsp pepper
- 2 Tbsp chopped unsalted peanuts

**TRIM** off zucchini ends. Cut zucchini on a spiral slicer, using medium blade to make thick noodles. Trim noodles as needed to shorten.

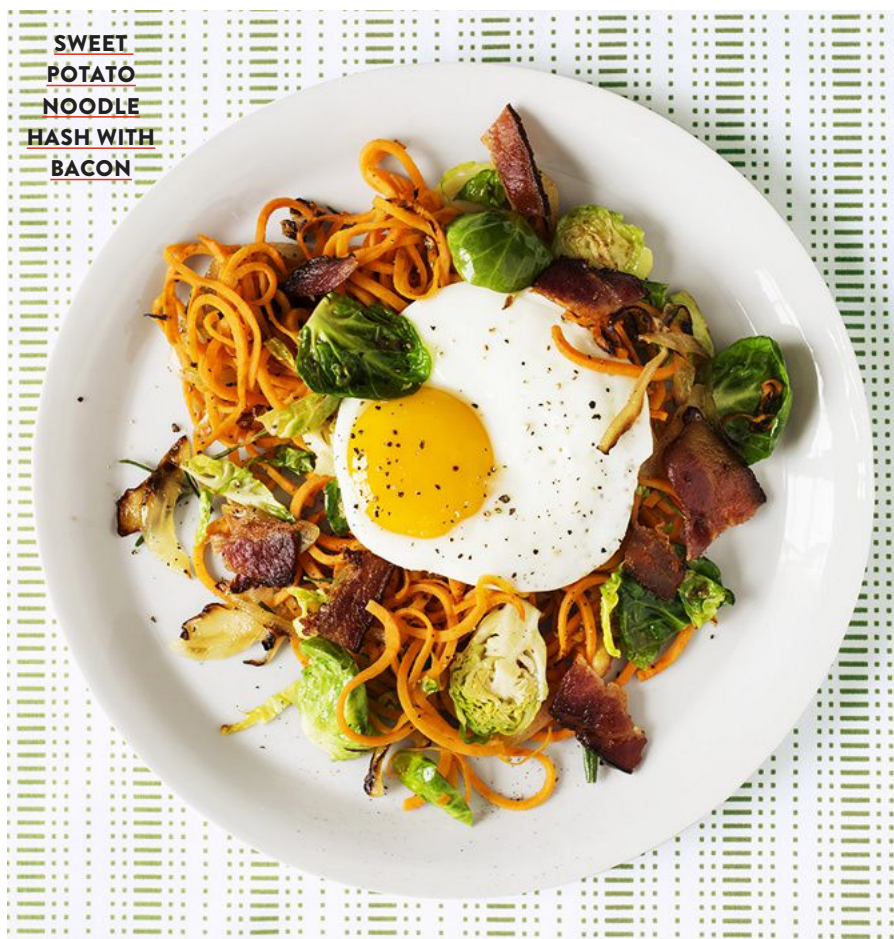
**HEAT** 2 tsp oil in a large skillet over high heat. Add shrimp and cook on both sides until opaque, 3 to 4 min. Transfer to a plate.

**ADD** remaining 2 tsp oil, garlic, ginger, scallions, and carrots to same pan. Cook until carrots are wilted, 3 to 4 min.

**STIR** in peanut butter, coconut milk, lime juice, chili paste, and miso. Cook until thick and smooth, 4 to 5 min.

**ADD** zucchini and cook, tossing, until wilted, 2 to 3 min. Toss in shrimp and the salt and pepper. Top with peanuts and more scallions.

469 cal, 30 g fat (9 g saturated), 23 g protein, 30 g carb, 14 g sugar, 8 g fiber, 944 mg sodium, 71 mg cholesterol **per serving**

**SWEET  
POTATO  
NOODLE  
HASH WITH  
BACON****bright idea****VEGGIE NOODLES—  
HOW TO GIVE THEM  
A WHIRL****Get a spiral slicer**

There are loads of gadgets on the market. We like the three-blade model by Paderno (\$40, [williams-sonoma.com](http://williams-sonoma.com)).

**Trim your noodles**

Spiralized veggie noodles can be looong.

Cut them to about spaghetti length—or risk endless twirling!

**Sweet Potato Noodle Hash with Bacon**

Prep 15 min — Cook 35 min

Serves 4

*This is a great dish for brunch, of course, but it also makes a filling “breakfast for dinner.”*

- 4 slices thick-cut bacon, cut into ½-inch pieces
- 2 large sweet potatoes (about 10 oz each), peeled
- 2 Tbsp olive oil
- 2 small onions, halved and thinly sliced
- 4 tsp chopped rosemary
- ½ tsp coarse salt
- Pepper
- 8 large Brussels sprouts, halved and thinly sliced
- 4 large eggs

**COOK** bacon in a large nonstick skillet over medium heat, stirring occasionally, until crisp, 8 to 10 min.

**WHILE** bacon cooks, trim off potato ends. Cut potatoes on a spiral slicer,

using standard blade. Trim noodles as needed to shorten.

**DRAIN** bacon on paper towels. Discard fat and wipe out pan. Add 2 tsp oil and the onions. Cook over medium-high heat, stirring, until lightly browned, 7 to 10 min.

**ADD** another 2 tsp oil, the rosemary, potato noodles, and the salt, plus pepper to taste. Cook, tossing frequently, until noodles start to wilt, 4 to 5 min. Add Brussels sprouts and cook until sprouts have wilted and noodles are soft, about 4 min more. Transfer to 4 plates and keep warm.

**WIPE** out pan, and add remaining 2 tsp oil. Crack eggs into pan, and cook to desired doneness, 4 to 6 min. Top each plate with an egg, and crumble bacon over top.

256 cal, 14 g fat (3 g saturated), 11 g protein, 23 g carb, 8 g sugar, 5 g fiber, 447 mg sodium, 191 mg cholesterol **per serving**





**ZUCCHINI  
NOODLE  
LASAGNA**

*Recipe,  
next page*



**Zucchini Noodle Lasagna**Prep 25 min — Cook 45 min  
Serves 4

- 3** medium zucchini (8 to 10 oz each)
- 1** Tbsp olive oil
- 1** large garlic clove, thinly sliced
- 1** (8-oz) package white mushrooms, sliced
- 2** cups store-bought marinara sauce (preferably no-sugar-added)
- 12** basil leaves, shredded, plus more for garnish
- ¼** tsp red pepper flakes
- 1** cup ricotta cheese
- 1** egg, lightly beaten
- Black pepper**
- 1** cup halved grape tomatoes
- 4** oz mozzarella cheese, thinly sliced and torn
- ¼** cup grated Parmesan

**HEAT** oven to 400°F. Trim off zucchini ends. Cut zucchini on a spiral slicer, using the widest blade to make ribbons. Trim noodles as needed to shorten. Place in a 9x13-inch baking dish.

**COOK** oil, garlic, and mushrooms in a large skillet over high heat, stirring occasionally, until no liquid remains, 8 to 10 min. Reduce heat to medium-high, and add marinara and basil. Cook, stirring, until very thick, 4 to 5 min. Stir in red pepper flakes.

**POUR** into baking dish and mix gently to coat zucchini. Spread out mixture in dish.

**MIX** ricotta with egg, and season with black pepper to taste. Dollop over zucchini mixture and sprinkle with tomatoes. Scatter mozzarella on top, then Parmesan.

**BAKE** until golden brown, about 30 min. Let rest 15 min. Garnish with more basil.

359 cal, 22 g fat (11 g saturated), 19 g protein, 21 g carb, 9 g sugar, 4 g fiber, 728 mg sodium, 106 mg cholesterol **per serving**

**CARROT NOODLE SALAD WITH GINGER DRESSING**


**DR. OZ ON HEALTHY SWAPS**  
*Veggie noodles are a terrific and easy way to sneak more plant-based foods into your diet. Lettuce wraps as burger “buns” are another favorite. And I love to sub in lentils as the “meat” in my bolognese sauce.*

**Carrot Noodle Salad with Ginger Dressing**Prep 30 min  
Serves 4

*Use the thick ends of the carrots to make the noodles; the thin ends are too small to spiral-slice. You can slice them in at the end or save them as snacks.*

For the salad

- 5** large, very thick carrots (about 6 oz each), peeled
- ¼** small red cabbage, thinly sliced
- 1** cucumber, peeled and cut into half-moons
- 1** tomato, diced
- ½** avocado, pitted and diced
- ½** cup cilantro leaves
- 1** cup shredded cooked chicken
- 1** Tbsp toasted sesame seeds (optional)

For the dressing

- 1** Tbsp grated fresh ginger
- 2** Tbsp rice wine vinegar
- 2** Tbsp toasted sesame oil

Juice of ½ lime

- 2** tsp honey mustard
- 1** tsp low-sodium soy sauce
- Pinch** of coarse salt
- Pepper**

**HALVE** carrots crosswise; trim off ends. Cut thick halves on a spiral slicer (save the thin ones for another use), using the standard blade.

**COMBINE** carrot noodles, cabbage, cucumber, tomato, avocado, cilantro, and chicken in a large bowl.

**WHISK** together all of the dressing ingredients. Toss with the vegetable mix, and let stand for about 10 min to soften, tossing once or twice.

**SPRINKLE** with sesame seeds, if using, and serve immediately.

284 cal, 14 g fat (2 g saturated), 13 g protein, 31 g carb, 15 g sugar, 9 g fiber, 290 mg sodium, 26 mg cholesterol **per serving** ■



# BEST FRIENDS

## ANIMAL SANCTUARY



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# SUPER SPICES

There's a whole world of nose-tickling, taste bud-perking spices, and they may come with amazing health benefits. Let's get shaking.

red pepper flakes  
These little hotties add some fierce to veggies and much more.

**WHEN WAS THE LAST** time you went on a shopping spree in the spice aisle? Or just poked around in the back corners of your spice cabinet? Chances are, it's been a while. Seasonings spark up flavor in a big way—so why do we forget, beyond the usual chili pot, to break out those toasty, zippy wonders, much less finish a jar's worth?

We gotta start raising our spice game, says Lisa Young, Ph.D., R.D., an adjunct professor of nutrition at New York University, because with the right seasonings, we can “minimize the need for excess salt, fat, and sometimes even sugar.”

Research, including investigations funded by the National Institutes of Health, also suggests that specific spices may help fight diseases such as cancer and arthritis. “Many spices contain concentrated levels of beneficial compounds that possibly rival the effectiveness of certain drugs,” says Tieraona Low Dog, M.D., fellowship director for the Academy of Integrative Health & Medicine and author of *Healthy at Home: Get Well and Stay Well Without Prescriptions*. Scientists aren't sure yet how those benefits carry over into the kitchen, but spices are definitely a mouthwatering essential in any stay-healthy eating plan, Low Dog says.

So flip open those little jars and tins, everyone. Our booklet will get you started, but you don't even need a recipe—just *play*.



turmeric



Nicely tangy and a touch sour, kind of like citrus.

black pepper



An everyday staple with a still-serious hit of heat.

cinnamon



Sweet, cozy—this can even sub for sugar in coffee.

saffron



A little flowery, a little bitter—in a good way!

cumin



Deliciously earthy and a smidge exotic, too.

fennel seeds



The slightly sweet seeds are super in Italian dishes.

nutmeg



Smells like Christmas, but use it anytime.

paprika



The smoked version is like grilled yum in a jar.

ginger



As with fresh, ground dried ginger's got fire.



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DR. OZ THE GOOD LIFE

# Handbook

Cooking with Spice | OCTOBER 2015

10 SPICES. 30 RECIPES.  
A MILLION TASTY IDEAS.

*Season creatively, for better meals  
and better health. Once you start,  
you'll never want to stop.*



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spice power ▼

### **SAFFRON**

may help ease depression, because each pinch delivers an antioxidant called **crocin**. Several small studies have found that **saffron or crocin pills** get results when used alone or with antidepressants.

Ready to spice things up? These recipes and seasoning tips will get you going. (All dishes serve 4, except where noted.)

**SAFFRON** Quickly soak saffron threads in water before adding to the pot. This brings out the flavor and helps give dishes like rice a great golden color.

#### **Shrimp with Saffron**

Soak ¼ tsp crushed **saffron** in 1 Tbsp warm water, 3 min. Cook 1 cup chopped **onion** in 2 Tbsp **olive oil** with 2 tsp minced **garlic**, the saffron water, and ½ tsp coarse salt, plus

pepper to taste, over medium-high heat, 4 min. Add 1 lb peeled and cleaned **shrimp** and cook, 4 min. Stir in 2 Tbsp **lime juice**. 160 cal

3 min. Stir into **risotto** or other rice dishes.

#### **Soups**

Soak a pinch or 2 of crushed **saffron** in 1 Tbsp warm water, 3 min. Stir into **tomato soup**, **fish chowder**, or **minestrone**.

#### **Rice Dishes**

Soak a pinch or 2 of crushed **saffron** in 1 Tbsp warm water,

**FENNEL SEEDS** These have a licoricelike flavor that makes all sorts of foods sing. To crush the seeds, use the flat side of a chef's knife.

#### **Carrot Soup with Fennel Seeds**

Cook 1 cup chopped **onion** in 2 Tbsp **olive oil** with 1 minced **garlic** clove, 1½ tsp crushed **fennel seeds**, and ½ tsp coarse salt, plus pepper to taste, over medium heat, 3 min. Add 1 lb **carrots** (cut into 1-inch

pieces; 2½ cups) and 2½ cups **low-sodium vegetable broth**. Simmer, covered, 20 min. Puree in a blender. Dollop with plain 2% **Greek yogurt**. 146 cal

**sauce**. Toss with **whole wheat pasta** and grated **Parmesan**.

#### **Fennel-Coated Salmon**

Crush 1½ tsp **fennel seeds**. Mix with **olive oil**, **lemon zest**, coarse salt, and pepper. Use as a rub for **salmon fillets**, then bake.

#### **Tomato-Fennel Pasta**

Add up to 1½ tsp crushed **fennel seeds** to **marinara**



**GINGER** You might know the spice best as the magic in gingerbread cookies, but it also makes a delish addition to veggie side dishes and hot drinks.

### Roasted Spiced Squash

Toss 1½ lb cubed butternut squash (5 cups) with 1½ Tbsp olive oil, 1 minced garlic clove, 1 tsp ground ginger, ½ tsp ground cumin, ½ tsp coarse salt, and ¼ tsp cinnamon, plus pepper to taste. Roast

squash cubes at 425°F, stirring once, 30 min. 107 cal

### Ginger Tea

Bring 2 cups water, 1 Tbsp each lemon juice and honey, ¾ tsp ground ginger, ¼ tsp turmeric, and a pinch of cayenne pepper to a boil. Serves 2; 37 cal

### Gingered Green Beans

Boil green beans until crisp-tender. Heat some chopped garlic and ground ginger in olive oil, then add green beans and toss to coat. Sprinkle with a pinch of coarse salt and a squeeze of lemon juice.

**CUMIN** The secret ingredient of many chili powders, cumin is brilliant in bean dishes and also a good spice for anything Indian- or Mexican-inspired.

### Chickpea and Pita Sandwich

Puree in a food processor one 15-oz can chickpeas, drained; 3 Tbsp extra-virgin olive oil; 2 Tbsp lemon juice; 1 tsp ground cumin; and ½ tsp

coarse salt, plus pepper to taste. Serve in whole wheat pita halves with tomato and arugula. 293 cal

### Spiced Salad Dressing

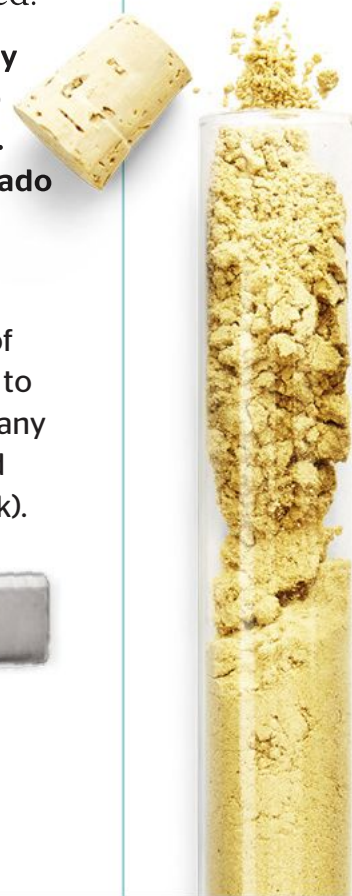
Make an olive oil and lime juice dressing with a

drizzle of honey and up to ½ tsp ground cumin. Toss with avocado or bean salad.

### Soups

Add sprinkles of ground cumin to bean soup (or any soup that could use a flavor kick).

**GINGER**  
The zesty spice may soothe pregnancy-related nausea, according to a 2014 paper in *Nutrition Journal* that reviewed dried and fresh ginger, ginger tablets, and more. Scientists have also been testing different forms of ginger as an alternative to drugs for arthritis pain, menstrual cramps, and migraines.







**SMOKED PAPRIKA** With its addictive hints of char, this spice turns simple meals into standouts.

### Spiced Sweet Potatoes

Cut 1¾ lb **sweet potatoes** (about 3) into ½-inch-thick wedges and toss with 2 Tbsp **olive oil**, 2 tsp **smoked paprika**, 2 minced **garlic cloves**, 1 tsp coarse salt, and ½ tsp pepper. Roast at 450°F, 25 min. *219 cal*

### Red Pepper Sauce

Puree in a food processor one 12-oz jar **roasted red peppers**, drained; ½ cup sliced **almonds**; ½ cup grated **Parmesan**; 1 Tbsp **extra-virgin olive oil**; 1 Tbsp **red wine vinegar**; 1 tsp **smoked paprika**; 1 minced **garlic**

**clove**; and 2 tsp coarse salt, plus pepper to taste. Serve with broiled **fish** or roasted **meat**. *66 cal per 2 Tbsp*

### Smoky Scrambled Eggs

For every 2 large **eggs**, beat in ⅛ tsp **smoked paprika** and a generous pinch each of coarse salt and pepper.

### Smoked Paprika Roast Chicken

Using your favorite basic roast chicken recipe, rub **chicken** with 1 Tbsp **olive oil** mixed with 2 tsp **smoked paprika**, 1 tsp coarse salt, and ½ tsp pepper.

**NUTMEG** Not just for the once-a-year eggnog, nutmeg can flavor up both sweet and savory dishes.

### Caramelized Pears

Cut 2 **pears** into wedges. Melt 1 Tbsp **unsalted butter** with 1 Tbsp **honey**, 1½ tsp pure **vanilla extract**, ⅛ tsp **nutmeg**, and ⅛ tsp **cinnamon** over medium-high heat. Add pears and cook until glazed, about 7 min, turning in syrup. Serve over plain 2% **Greek yogurt**. *97 cal*

### Sautéed Baby Spinach

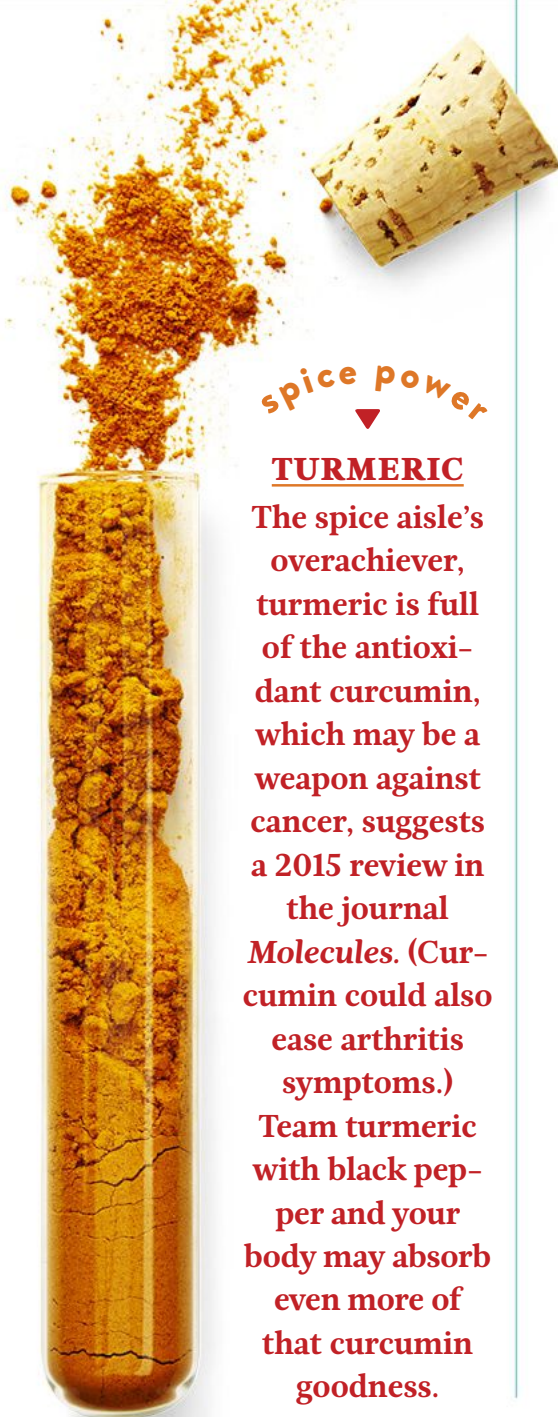
Sauté baby **spinach** with **garlic** in **olive oil**. Sprinkle with **nutmeg** to taste and toss with **lemon juice**.

### Spiced Mashed Potatoes

Sprinkle **nutmeg** to taste over mashed **sweet** or **white potatoes**.







spice power

### **TURMERIC**

The spice aisle's overachiever, turmeric is full of the antioxidant curcumin, which may be a weapon against cancer, suggests a 2015 review in the journal *Molecules*. (Curcumin could also ease arthritis symptoms.) Team turmeric with black pepper and your body may absorb even more of that curcumin goodness.

**TURMERIC** This curry powder regular loves beans, soups, veggies, rice, eggs—you name it.

### **Roasted Chickpeas**

Toss one 15-oz can **chickpeas**, drained, with 1 Tbsp **olive oil**, 1 tsp **turmeric**, ½ tsp **cumin**, 1 minced **garlic clove**, and ¼ tsp coarse salt, plus pepper to taste. Roast at 425°F, shaking baking sheet occasionally, 18 min. *134 cal*

### **Cauliflower-Coconut Soup**

Cook 1½ cups chopped **onion** in 2 Tbsp **olive oil** with 3 minced **garlic cloves**, 1 tsp **turmeric**, and ¾ tsp coarse salt, plus pepper to taste, over medium-high heat, 4 min. Stir in 2 cups water, 1¾ lb **cauliflower** florets (9 cups), and 1 cup **light coconut milk**. Simmer, 15 min. Puree in a blender. *173 cal*

### **Spiced Scrambled Eggs**

For every 2 large **eggs**, beat in ¼ tsp **ground cumin** and ⅛ tsp **turmeric**. Add a generous pinch each of coarse salt and pepper, and cook.

**RED PEPPER FLAKES** Don't save them just for pizza night—use these anytime you crave a bit of heat.

### **Hot-Pepper Carrots**

Toss 2 lb **carrots**, halved lengthwise, with 1½ Tbsp **olive oil**, 1 tsp coarse salt, and ½ tsp **red pepper flakes**.

Roast at 425°F, 30 min. *138 cal*

### **Spiced Mango**

Sprinkle cubed **mango** with **lime juice** and **red pepper flakes**.

### **Feta Toasts**

Top slices of **whole wheat toast** with crumbled **feta**, **red pepper flakes**, **thyme**, and **honey**.





spice power ▼

## **CINNAMON**

The fragrant powder you swirl into your A.M. oatmeal could come with a side of health benefits. In some studies, daily cinnamon supplements lowered blood sugar levels.



## **CINNAMON**

Cinnamon's sweet-and-spicy warmth is made for fruit, nuts, and of course, hot chocolate.

### **Banana-Date Smoothies**

Puree in a blender 1 large **banana** with ½ cup plain 2% **Greek yogurt**, 1 cup ice, 2 Tbsp chopped **dates**, and 1 tsp **cinnamon** until smooth. Serves 2; 129 cal

### **Quinoa Breakfast Porridge**

Reheat leftover cooked **quinoa** with 2% **milk** stirred in to desired thickness. Sprinkle with **cinnamon** to taste and top with **dried fruit** and a drizzle of pure **maple syrup**.



**BLACK PEPPER** More than a seasoning basic, pepper can also be the star of the show.

### **Lemon-Pepper Shrimp**

Cook 1¼ lb peeled and cleaned **shrimp** in 2 Tbsp **olive oil** with 2 tsp minced **garlic**, ¾ tsp pepper, and ½ tsp coarse salt over medium-high heat, 4 min. Stir in 1 Tbsp **lemon juice** and 1 tsp **zest**. Serve shrimp with lemon wedges. 165 cal

### **Hot & Sweet Roasted Pineapple**

Mix 3 Tbsp pure **maple syrup** with ½ tsp pepper and ½ tsp pure **vanilla extract**. Toss ½-inch-thick slices of fresh **pineapple** (4 cups) with half of syrup. Roast at 450°F, 10 min. Brush with rest of syrup and roast 10 min more. Serve for dessert with plain 2% **Greek yogurt**. 142 cal

### **Zingy Goat Cheese**

Season soft **goat cheese** with pepper to taste and serve with sliced **pears**.

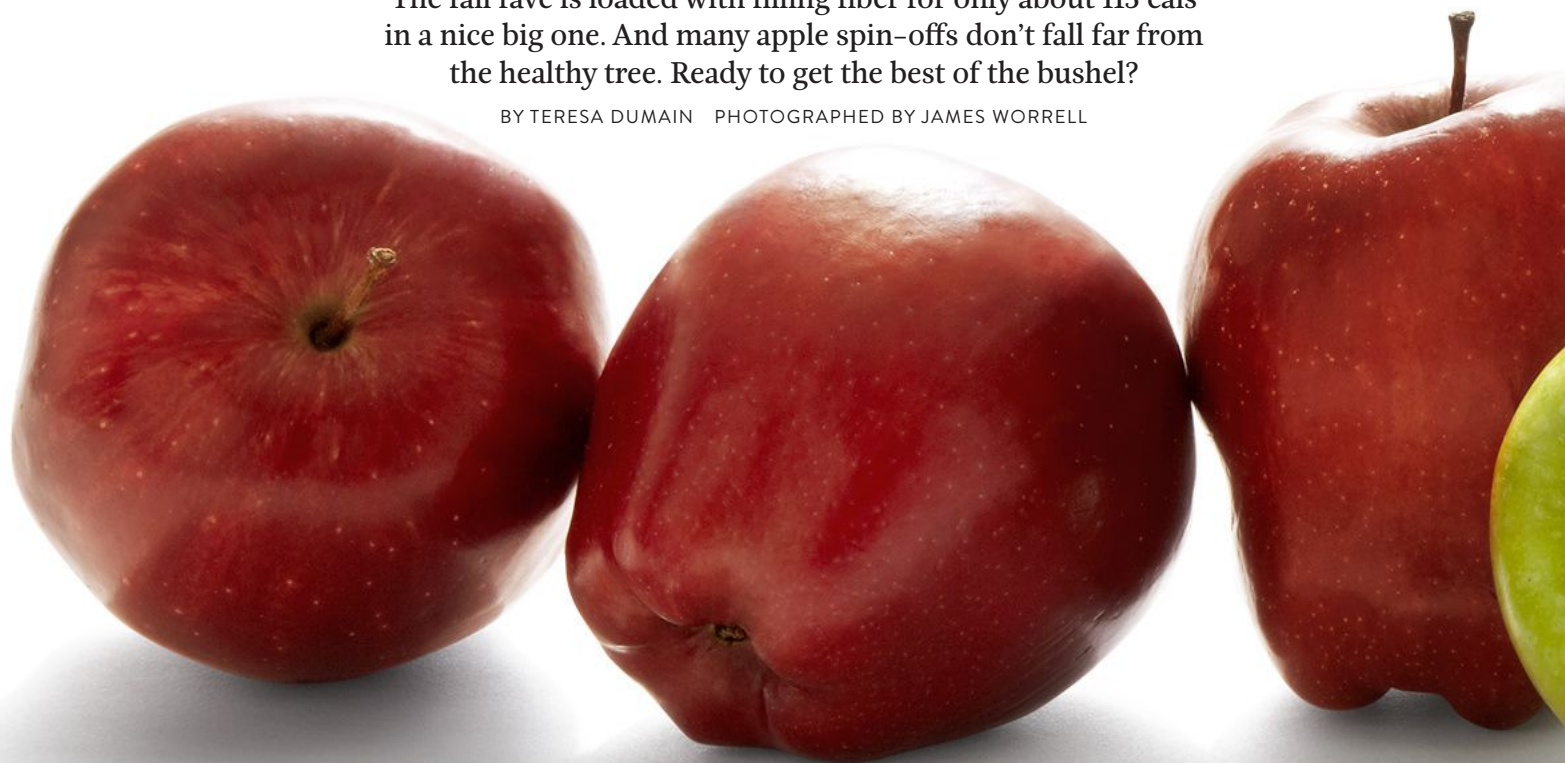
**Note:** Always ask a health care professional about your specific medical needs before taking a supplement or changing your diet.



# APPLE PICKING!

The fall fave is loaded with filling fiber for only about 115 cal in a nice big one. And many apple spin-offs don't fall far from the healthy tree. Ready to get the best of the bushel?

BY TERESA DUMAIN PHOTOGRAPHED BY JAMES WORRELL



## APPLESAUCE

If you associate applesauce mainly with your second-grade lunch box, it's worth getting reacquainted—just go for the unsweetened kind.

Usually made from apples and water, a half cup of the insta-snack rings up at only 50 calories and delivers a 1-gram shot of fiber.



## DRIED APPLES

The plus side of shrinking down the fruit is that some of the nutrients get much more concentrated; six dried rings provide almost as much fiber and potassium as one fresh fruit. And as long as you stick with a handful or so, the cals are about the same as for a whole apple. (Baked apple chips have similar bragging rights—and, of course, extra crunch.)



## APPLE BUTTER

Look for straight-up apple butter, made with apples only or apples plus just a touch of juice concentrate or cider. (Yours has cinnamon? Mmm—even yummier.) The fruity spread, about 30 cal for a generous spoonful, is perfect on whole-grain bread with nut butter, or throw a dollop into oatmeal, yogurt, or smoothies.



SOURCES: ROGER CLEMENS, Dr.P.H., CERTIFIED FOOD SCIENTIST, ADJUNCT PROFESSOR, UNIVERSITY OF SOUTHERN CALIFORNIA SCHOOL OF PHARMACY; KIM LARSON, R.D.N., NATIONAL SPOKESPERSON FOR THE ACADEMY OF NUTRITION & DIETETICS; TANYA ZUCKERBROT, R.D., FOUNDER OF THE F-FACTOR DIET



**How do  
those packaged  
sliced apples stay white?**

The wedges are often bathed in vitamin C and calcium, which help keep them fresh and crisp—and, yes, they're totally safe to eat.



## FRESH APPLES

All apples have stores of potential disease fighters, with different kinds—Fuji, Red Delicious, Idared, Granny Smith, Jonagold, you name it—boasting various star compounds. Whether an apple's skin is ruby red, pale green, or yellow is less important than making sure you leave that wrapper on. It contains a good portion of the fruit's plant power and about half the fiber.



## APPLE CIDER AND JUICE

The two apple drinks are near equals, with cals per cup in the 115 to 140 range (so best saved as the occasional fling from your main bev, water). But fresh cider contains bitsy particles that are filtered out of clear apple juice, and one study suggests that some ciders, or cloudy juices, can have up to five times more of a key antioxidant.



## FRIED APPLE CHIPS

You can think of them as the fruit version of potato chips: The apple rings are fried (that's what makes them nice and crispy), and they can have about the same number of cals. They are also often sweetened, so make these slices a snack splurge.



## APPLE PIE

It's almost unpatriotic not to have a slice once in a while! Best bet is to bake your own. That way, you can control the amount of sugar that goes in. Start with fresh apples, then sprinkle on spices like cinnamon and nutmeg, which will add flavor with next to no calories. Domestic goddess status to those who make a whole-grain crust.





**Trout with  
Horseradish-  
Caper Glaze**

*Recipe, page 86*

THIS  
EASY-TO-MAKE  
TROUT GETS A  
BOLD HIT OF  
HORSERADISH  
AND GARLIC.

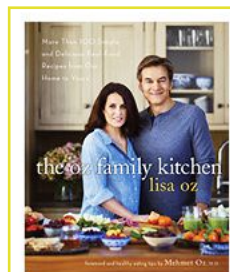
# Do Dinner the Oz Way

Pull up a chair and grab a fork. In this sneak peek at her new cookbook, LISA OZ shares her real-life recipes for everyday eating. We knew they'd be healthy and delish—but she surprised us with a luscious dessert. (It's Oliver's favorite.)



When people meet me for the first time, their reactions are almost always the same: “You’re married to Dr. Oz? Oh, my gosh, what do you guys eat at home?” Sometimes I joke and say, “Kale. Only kale.” And too often, they think I’m serious!

The real answer to that question is in my new cookbook, *The Oz Family Kitchen*, packed with recipes that we actually make on a daily basis. They’re designed for busy parents who want to provide meals that the whole family will enjoy. Because if your family is anything like ours, flavorless meals are not an option, no matter how chock-full of micronutrients. For us, food is something to be enjoyed, not endured. Try the sampling of recipes here, designed to energize the body and delight the senses. They make you healthy *and* happy.



Adapted from *The Oz Family Kitchen*. Copyright © 2015 by Lisa Oz. Due out on October 6 from Harmony Books, an imprint of the Crown Publishing Group, a division of Penguin Random House LLC.



## White Bean And Spinach Soup

Prep 20 min — Cook 55 min  
Serves 6

- 2 Tbsp extra-virgin olive oil
- 1 onion, chopped
- 1 large carrot, cut into ½-inch dice
- 1 large celery stalk, cut into ½-inch dice
- 2 garlic cloves, minced
- 1 tsp finely chopped rosemary
- 1 tsp finely chopped thyme
- 2 dried bay leaves
- 2 (15-oz) cans cannellini beans, drained but not rinsed
- 2 bunches spinach (about 14 oz total), tough stems discarded, leaves rinsed well and cut into shreds
- 2 tsp lemon juice
- 1 tsp pure maple syrup
- ¼ tsp red pepper flakes
- ¾ tsp fine sea salt
- Black pepper
- 6 Tbsp grated Parmesan

**HEAT** oil in a large saucepan over medium heat. Add onion, carrot, celery, and garlic and cook, stirring occasionally, until

onion is tender but not browned, about 4 min. Stir in the rosemary, thyme, and bay leaves. Add enough water (about 6 cups) to cover the ingredients.

**BRING** to a boil. Reduce the heat to medium-low and cover pan with the lid ajar. Simmer until vegetables are very tender, about 30 min.

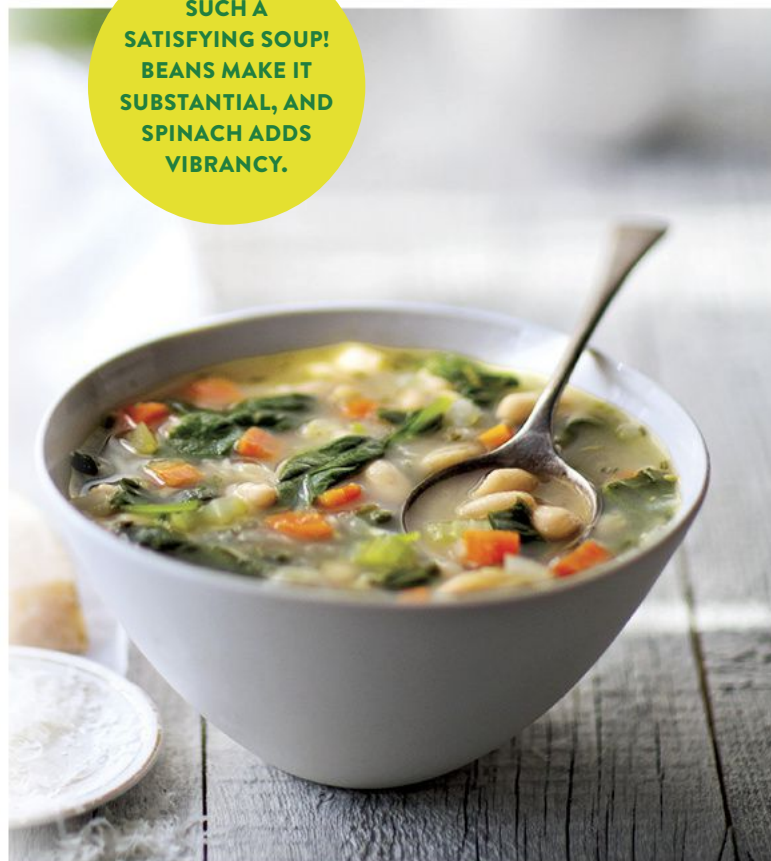
**STIR** in beans, spinach, lemon juice, maple syrup, and red pepper flakes. Add more water, if needed, to cover the ingredients. Season the soup with the salt, plus black pepper to taste.

**RETURN** soup to a simmer and cook, on medium-low heat, uncovered, until spinach is very tender and soup is slightly thickened, about 10 min. Discard bay leaves.

**LADLE** soup into bowls and serve hot with Parmesan.

224 cal, 6 g fat (1 g saturated), 12 g protein, 30 g carb, 4 g sugar, 13 g fiber, 549 mg sodium, 4 mg cholesterol **per serving**

**SUCH A SATISFYING SOUP! BEANS MAKE IT SUBSTANTIAL, AND SPINACH ADDS VIBRANCY.**







## Trout with Horseradish-Caper Glaze

Prep 10 min — Cook 15 min  
Serves 4

*Mild-flavored trout offers a nice change of pace, but salmon fillets also work deliciously here.*

- 2 Tbsp extra-virgin olive oil, plus more for baking dish
- 1 Tbsp lemon juice
- 1 Tbsp drained capers
- 1 Tbsp finely chopped chives
- 2 tsp drained prepared horseradish
- 1 tsp Dijon mustard
- 1 tsp honey
- 1 garlic clove, passed through a garlic press
- ¼ tsp fine sea salt
- Pepper
- 4 rainbow trout fillets (skin-on)

**POSITION** a rack in top third of the oven and heat to 400°F. Lightly oil a 9x13-inch baking dish or cast-iron skillet.

**USING** a fork, mix the oil, lemon juice, capers, chives, horseradish, mustard, honey, and garlic in a small bowl. Season with the salt, plus pepper to taste.

**ARRANGE** fillets, skin sides down, next to one another in the baking dish. Spread each with horseradish mixture.

**BAKE** until fish looks barely opaque when flaked in the thickest part with the tip of a sharp knife, 12 to 15 min.

206 cal, 12 g fat (2 g saturated), 20 g protein, 3 g carb, 2 g sugar, 0 g fiber, 315 mg sodium, 60 mg cholesterol **per serving**



## Baby Carrots with Coconut and Ginger

Prep 15 min — Cook 12 min  
Serves 4

*You can use regular carrots in this recipe—just chop them into 1½-inch lengths.*

- 3 Tbsp shredded unsweetened coconut
- ½ tsp fine sea salt
- 1 lb small carrots, peeled, or baby-cut carrots

- 1 Tbsp honey
- 1 Tbsp lime juice
- 2 scallions, finely chopped
- 1 Tbsp finely chopped cilantro or mint
- 2 tsp minced ginger
- Pepper

**HEAT** a medium skillet over medium heat. Add coconut and cook, stirring almost constantly, until toasted, about 2 min.

Transfer coconut to a plate and set aside.

**HALF-FILL** skillet with water, add the salt, and bring to a boil.

**ADD** carrots and cover skillet. Cook until carrots are barely tender, 5 to 7 min. Drain and return to skillet.

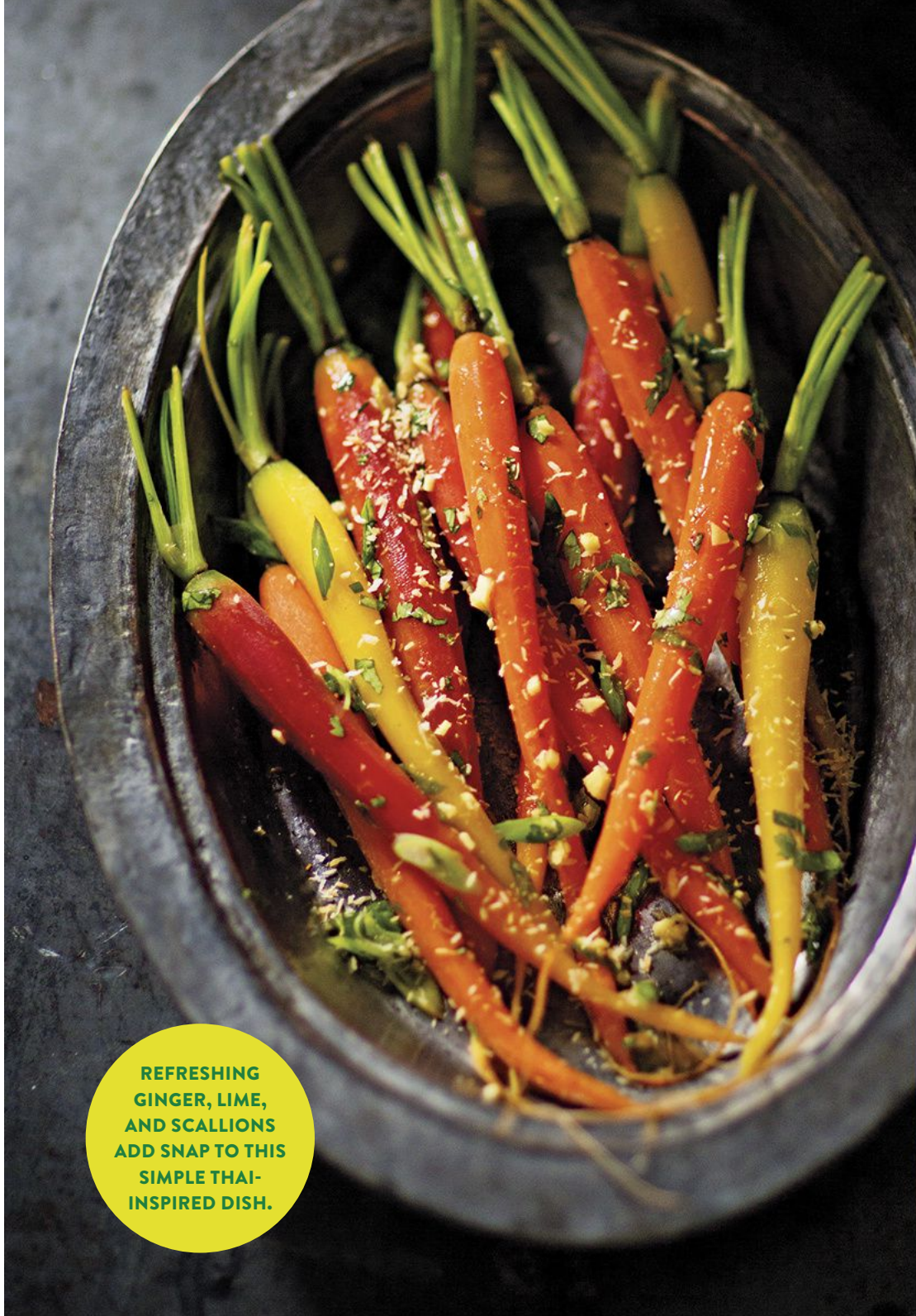
**DRIZZLE** honey and lime juice over carrots and mix well. Add

scallions, cilantro, and ginger and mix again. Season with pepper to taste.

**TRANSFER** carrots to a serving bowl, and sprinkle with the toasted coconut.

85 cal, 3 g fat (2 g saturated), 1 g protein, 16 g carb, 10 g sugar, 4 g fiber, 152 mg sodium, 0 mg cholesterol **per serving**

**REFRESHING  
GINGER, LIME,  
AND SCALLIONS  
ADD SNAP TO THIS  
SIMPLE THAI-  
INSPIRED DISH.**







## Lemon and Blueberry Pie

Prep 15 min (*plus chilling time*)  
Cook 18 min

Serves 8

*For the walnut-date crust*

- Coconut oil, for pie pan
- 1½ cups chopped walnuts
- ¾ cup pitted and chopped moist dates, such as Medjool
- 2 tsp finely chopped thyme
- 1 tsp pure vanilla extract

*For the filling*

- 1 lb silken tofu, briefly drained on paper towels
- ½ cup sugar

Finely grated zest of 1 lemon plus ¼ cup juice

- 2 Tbsp cornstarch
- Pinch of fine sea salt
- 1 tsp pure vanilla extract
- 1 (6-oz) container blueberries (about 1½ cups)

**POSITION** a rack in the center of the oven and heat to 350°F.

**MAKE** the crust: Coat inside of a 9-inch pie pan with some coconut oil. Pulse the walnuts, dates, thyme, and vanilla in a food processor until walnuts are very finely chopped and mixture holds together when pressed. (Or process ingredients in

batches in a blender.) Press the walnut mixture firmly and evenly into pie pan. Place pan on a baking sheet.

**BAKE** crust just until it begins to brown around the edges, 12 to 15 min. Remove from the oven and let cool.

**MAKE** the filling: Process the tofu, sugar, lemon zest and juice, cornstarch, and salt together in the food processor (or blender) until smooth.

**TRANSFER** to a medium saucepan. Cook over medium heat, stirring almost constantly, until mixture comes to a full boil.

Cook until slightly thickened, 1 min. Remove from heat and stir in vanilla. Let cool slightly.

**SPRINKLE** almost all of the blueberries evenly in the pie pan. Pour the tofu cream over the blueberries. Refrigerate, uncovered, until chilled and set, at least 2 hours or overnight.

**SCATTER** remaining berries on top. Slice pie and serve chilled.

283 cal, 16 g fat (2 g saturated), 7 g protein, 33 g carb, 25 g sugar, 3 g fiber, 17 mg sodium, 0 mg cholesterol **per serving** ■

OUR SON,  
OLIVER, IS CRAZY  
ABOUT THIS  
CREAMY PIE.  
(DON'T TELL HIM  
IT'S VEGAN AND  
GLUTEN-FREE.)







# IMAGINE THE PASTABILITIES!

Rediscover pasta with customizable sauces that start with **I Can't Believe It's Not Butter!®**. The Culinary Team at **I Can't Believe It's Not Butter!®** crafted delicious recipes made with good fats that provide you with a source of energy. Try it with quinoa or farro—the options are endless!



Visit **ItsTimeToBelieve.com** for more delicious recipes.

## 3 IN 1 BUTTERY SHRIMP & PASTA

8 SERVINGS | PREP TIME: 15 MINS | COOK TIME: 15 MINS

- 1/2 cup **I Can't Believe It's Not Butter!®** Spread
- 1 lb. freshly cooked whole wheat linguine or regular linguine
- 1 lb. cooked large shrimp
- 1 lb. fresh asparagus, trimmed, cut into 2-inch pieces, cooked
- 2 cups halved grape tomatoes

Combine **I Can't Believe It's Not Butter!®** Spread with your choice of one of the buttery flavorful toppers below. Toss with warm pasta, shrimp, asparagus, and grape tomatoes.



**Garlic & Herb:** 3 Tbsp. chopped fresh herbs like parsley, thyme, and rosemary, 1 large clove garlic, chopped, and 3 Tbsp. chopped walnuts.

Garlic & Herb: Calories 300, Calories from Fat 80, Total Fat 9g, Saturated Fat 2g, Trans Fat 0g, Omega3 0.3g, Omega6 2.6g



**Pesto:** 1/2 cup chopped basil, 2 Tbsp. grated Parmesan cheese, 3 Tbsp. chopped walnuts, 1 clove garlic, chopped, and a pinch of ground black pepper.

Pesto: Calories 350, Calories from Fat 100, Total Fat 11g, Saturated Fat 2.5g, Trans Fat 0g, Omega3 0.6g, Omega6 3.6g



**Gingery Asian Garlic:** 2 green onions, finely chopped, 1 tsp. grated ginger, 1 tsp. reduced-sodium soy sauce, 1 clove garlic, chopped, and 3 Tbsp. chopped almonds.

Gingery Asian Garlic: Calories 300, Calories from Fat 80, Total Fat 9g, Saturated Fat 2g, Trans Fat 0g, Omega3 0.3g, Omega6 2.6g



**SIMPLE  
RECIPE**



**100% TASTE.  
0% ARTIFICIAL  
PRESERVATIVES.**



Made from real, simple ingredients—like a blend of plant-based oils, purified water and a pinch of salt—I **Can't Believe It's Not Butter!**® is a source of good fats,\* similar to those in avocados, walnuts and almonds. It's a simple and delicious way to get good fats into your diet. Discover why [ItsTimeToBelieve.com](http://ItsTimeToBelieve.com).

It's time to   
**believe**

\*One serving (1 Tbsp.) contains 295mg of omega-3 ALA, which is 18% of the 1.6g daily value for ALA.

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MIX AND MATCH  
THESE RECIPES  
EVERY DAY, ADD  
HEALTHY SNACKS,  
AND YOU COULD  
SHED 10 POUNDS IN  
A MONTH.



Every  
scramble  
deserves  
some herbs  
and cheese.

# ADD FLAVOR, LOSE WEIGHT

Ready to drop up to 10 pounds—and love every bite along the way?  
Our plan works because you dig into truly satisfying meals  
made from real-deal delicious ingredients. Hey, we're all about that taste!

RECIPES BY SUSAN SPUNGEN PHOTOGRAPHED BY SARAH ANNE WARD

Give yogurt  
swirls of  
mmm with  
frozen  
berries.





# breakfast

Got eggs? A tub of yogurt? You're good to go! Yum-ify either staple with these mix-ins.

## → Start with **EGGS**

### **mix-ins**

#### **GOAT CHEESE & HERBS**

Stir 2 Tbsp crumbled **goat cheese** and 1 Tbsp chopped **herbs** (such as parsley or chives) into 2 beaten large **eggs**. Scramble using **vegetable oil cooking spray**. Garnish with more herbs.

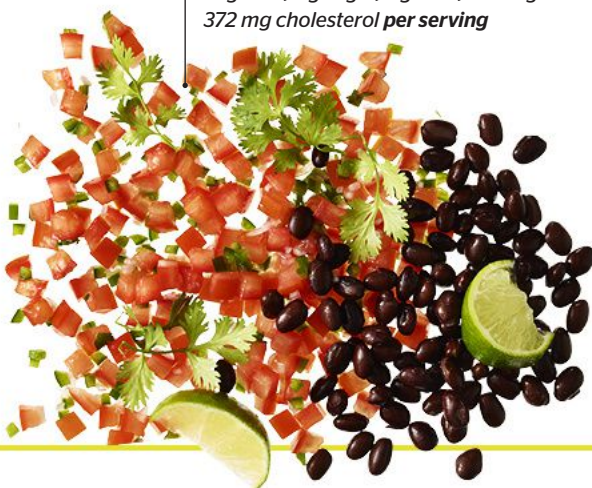
220 cal, 16 g fat (7 g saturated), 18 g protein, 1 g carb, 0 g sugar, 0 g fiber, 388 mg sodium, 385 mg cholesterol **per serving**

### **mix-ins**

#### **SALSA & BEANS**

Combine ½ cup chopped **tomato**, 1 Tbsp each chopped **shallot** and **cilantro**, ½ tsp diced **jalapeño**, a squeeze of **lime juice**, and a pinch of coarse salt. Stir 2 Tbsp canned **black beans** into 2 beaten large **eggs**. Scramble using **vegetable oil cooking spray**. Top with the salsa (or up to ½ cup jarred salsa).

196 cal, 10 g fat (3 g saturated), 15 g protein, 12 g carb, 3 g sugar, 3 g fiber, 428 mg sodium, 372 mg cholesterol **per serving**



### **mix-ins**

#### **MUSHROOMS & PARMESAN**

Heat ½ tsp **olive oil** over high heat. Cook 6 sliced **white mushrooms** until golden brown, 4 to 6 min. Add a pinch of coarse salt. Scramble 2 beaten large **eggs** in same pan, using **vegetable oil cooking spray**, if needed. Top with 2 Tbsp shaved **Parmesan**.

212 cal, 14 g fat (5 g saturated), 17 g protein, 5 g carb, 2 g sugar, 1 g fiber, 505 mg sodium, 378 mg cholesterol **per serving**



## → Start with **GREEK YOGURT**

### **mix-ins**

#### **BLUEBERRIES & PECANS**

Top ¾ cup plain 2% **Greek yogurt** with ¼ cup **frozen blueberries**. Stir and let stand, 5 to 10 min. Top with 6 chopped **pecans**.

192 cal, 10 g fat (3 g saturated), 15 g protein, 12 g carb, 10 g sugar, 2 g fiber, 56 mg sodium, 11 mg cholesterol **per serving**

### **mix-ins**

#### **BANANA & CEREAL**

Top ¾ cup plain 2% **Greek yogurt** with ½ **banana** (sliced), 1 Tbsp **Grape-Nuts** (or similar cereal), and 1 tsp pure **maple syrup**.

209 cal, 4 g fat (2 g saturated), 16 g protein, 31 g carb, 19 g sugar, 2 g fiber, 92 mg sodium, 11 mg cholesterol **per serving**



### **mix-ins**

#### **APPLE BUTTER, DATE & WALNUTS**

Top ¾ cup plain 2% **Greek yogurt** with 2 Tbsp **unsweetened apple butter**, 1 chopped **date**, and 1 Tbsp chopped **walnuts**. Sprinkle with **cinnamon**.

244 cal, 8 g fat (3 g saturated), 16 g protein, 28 g carb, 24 g sugar, 2 g fiber, 62 mg sodium, 11 mg cholesterol **per serving**



All recipes serve 1 unless otherwise noted.



# lunch

A salad is the secret: Greens fill you up on very few cal. Nine fresh ideas will keep that bowl fun.

## → Start with a **SIMPLE SALAD MIX**

Kick things off with up to 3 cups **mixed greens**, plus sliced **cucumber** and/or **tomato** and chopped **scallion**. 33 cal

## → Add **TASTY TOPPERS**

No more snoozy salads. Choose which delicious direction to take today's mix by picking one of the topper combos at right. Craving crunch and cheese? Can't go wrong with the celery combo. In the mood for sweetness? Calling carrots and raisins.

## → Remember a **FILLER-UPPER**

Yup, you also get a hit of chicken, tofu, or fish. Let's give this some satisfying heft!



**2 OZ GRILLED CHICKEN**,  
73 cal



**3.5 OZ GRILLED TOFU**,  
95 cal



**3 OZ WATER-PACKED LIGHT TUNA, DRAINED**, 75 cal

**2 PEAR & PARMESAN**  
½ pear (sliced)  
+ ½ cup shaved  
Parmesan, 170 cal.  
**TRY WITH** Chicken  
+ Sherry Vinegar  
Dressing

**1 RADICCHIO & GRAPES** 1 cup  
shredded radicchio  
+ ¼ cup halved  
green grapes, 35 cal.  
**TRY WITH** Tuna +  
Citrus Dressing

**9 APPLE & CHEDDAR**  
½ Granny Smith apple  
(sliced) + ½ cup shaved  
sharp cheddar, 160 cal.  
**TRY WITH** Chicken +  
Sherry Vinegar  
Dressing

**8 CHICKPEAS & FETA**  
¼ cup canned  
chickpeas + 2½ Tbsp  
crumbled feta, 127 cal.  
**TRY WITH** Chicken +  
Citrus Dressing





**3 CELERY & BLUE CHEESE**

½ cup sliced celery +  
¼ cup crumbled blue  
cheese, 108 cal.

**TRY WITH** *Chicken +  
Sherry Vinegar Dressing*

**4 CARROTS & RAISINS**

½ cup shredded  
carrots + 1 Tbsp golden  
raisins, 54 cal.

**TRY WITH** *Tofu +  
Avocado Dressing*

**5 EDAMAME & ALMONDS**

¼ cup  
edamame (buy frozen  
and steam) +  
8 chopped almonds,  
94 cal. **TRY WITH**  
*Chicken + Avocado  
Dressing*

**6 FENNEL & WALNUTS**

¼ fennel bulb (thinly  
sliced) + 8 chopped  
walnuts, 123 cal.

**TRY WITH** *Tofu +  
Sherry Vinegar  
Dressing*

**7 ORANGE & OLIVES**

Sections from ½ orange +  
3 sliced kalamata  
olives, 67 cal. **TRY WITH**

*Tuna + Citrus Dressing*

## ➔ Toss with a DRESSING

**Citrus Dressing**

Whisk together zest and juice of ½ orange, juice of ½ lemon, 2 Tbsp Dijon mustard, 1 tsp honey, 1 Tbsp each chopped shallot and parsley, ¼ tsp pepper, and ¼ tsp coarse salt. Slowly whisk in ½ cup vegetable oil (such as canola). Makes about 1 cup. 104 cal per 1½ Tbsp

**Avocado Variation**

Pulse Citrus Vinaigrette and ½ avocado in a blender until creamy. 133 cal per 2 Tbsp

**Sherry Vinegar Variation**

Whisk in 3 Tbsp sherry vinegar in place of the citrus juices and orange zest in the Citrus Vinaigrette; replace oil with extra-virgin olive oil. 104 cal per 1½ Tbsp



## dinner

Salmon and chicken  
are your go-tos;  
trick them out with  
a sauce or a crust.

Have any  
of these on  
the side!

Up to 2 cups vegetables sautéed  
in 1 tsp olive oil, 95 cal

½ cup cooked brown rice, quinoa, or  
other whole grain, drizzled with olive  
oil and sprinkled with herbs, 151 cal

Small baked potato (sweet or white)  
with pat of butter, 120–168 cal



### basic training

#### HOW TO COOK THE SALMON AND CHICKEN

Start with one 6-oz  
skinless salmon fillet or  
boneless, skinless  
chicken breast half.

**For Option One** (opposite  
page), season with salt  
and pepper to taste.  
Heat 1 tsp olive oil over  
medium-high heat in  
a nonstick pan. Brown  
1 to 2 min per side  
(4 sides for salmon).  
Bake on a sheet at 400°F,  
8 min for salmon, 18 to  
20 min for chicken.

**For Option Two** (opposite  
page), apply crust; cook  
as above, skipping salt  
and pepper.

241 cal (salmon only);  
222 cal (chicken only)



## → Start with **SALMON** or **CHICKEN**

### OPTION ONE

#### → Add a **SAUCE**

A chunky sauce is your star. Pile a few dollops of these on salmon or chicken (cooking how-tos: opposite, bottom).

##### sauce

#### MANGO & LIME SALSA

Stir together 1 diced **mango**,  $\frac{3}{4}$  cup diced **red bell pepper**, zest and juice of 1 **lime**, 2 Tbsp chopped **cilantro**, 2 thinly sliced **scallions**, 1 tsp **Sriracha** (or similar hot sauce), and  $\frac{1}{4}$  tsp coarse salt.

62 cal, 0 g fat (0 g saturated), 1 g protein, 15 g carb, 13 g sugar, 2 g fiber, 148 mg sodium, 0 mg cholesterol **per about  $\frac{1}{2}$  cup sauce**

Sauce recipes serve 4.



##### sauce

#### GARLIC & CUCUMBER YOGURT

Stir  $\frac{1}{2}$  cup plain 2% **Greek yogurt** with 1 cup diced **cucumber**, 1 minced small **garlic clove**, 1 tsp grated **ginger**,  $\frac{1}{2}$  tsp coarse salt,  $\frac{1}{8}$  tsp **ground coriander**, a pinch of **cayenne pepper**, 8 chopped **mint leaves**, and juice of  $\frac{1}{2}$  **lime**.

26 cal, 1 g fat (0 g saturated), 3 g protein, 3 g carb, 2 g sugar, 0 g fiber, 250 mg sodium, 2 mg cholesterol **per about  $\frac{1}{2}$  cup sauce**

##### sauce

#### AVOCADO, GREEN OLIVE & CAPER RELISH

Stir together  $\frac{1}{2}$  cup diced **celery**,  $\frac{1}{4}$  cup chopped pitted **green olives**, 2 Tbsp chopped **parsley**, 1 Tbsp minced **shallot**, 1 tsp rinsed and chopped **capers**, 2 tsp **extra-virgin olive oil**, and juice of  $\frac{1}{2}$  **lemon** in a small bowl. Fold in  $\frac{1}{2}$  **avocado** (diced).

77 cal, 7 g fat (1 g saturated), 1 g protein, 4 g carb, 1 g sugar, 2 g fiber, 147 mg sodium, 0 mg cholesterol **per about  $\frac{1}{2}$  cup sauce**



### OPTION TWO

#### → Add a **CRUST**

Maximize flavor by first patting on a coating (cooking how-tos: opposite).

##### crust

#### WHOLE WHEAT PANKO & HERB

On a plate, spread a mix of 3 Tbsp **whole wheat panko**, zest of 1 **lemon**, 1 Tbsp chopped **parsley**, 1 tsp **pepper**, and  $\frac{1}{4}$  tsp coarse salt. Dip **salmon** or **chicken** into 1 lightly beaten **egg**, then coat with panko mix, patting it on carefully.

132 cal, 5 g fat (2 g saturated), 9 g protein, 13 g carb, 1 g sugar, 2 g fiber, 571 mg sodium, 186 mg cholesterol **per serving (crust only)**



##### crust

#### MUSTARD & QUINOA

On a plate, spread a mix of 1 Tbsp each **sesame seeds** and raw **quinoa**, 1 tsp each **mustard seeds** and **paprika**,  $\frac{1}{4}$  tsp coarse salt, and  $\frac{1}{4}$  tsp **pepper**. Coat **salmon** or **chicken** with 1 Tbsp **Dijon mustard**, then coat in quinoa mix, patting it on carefully.

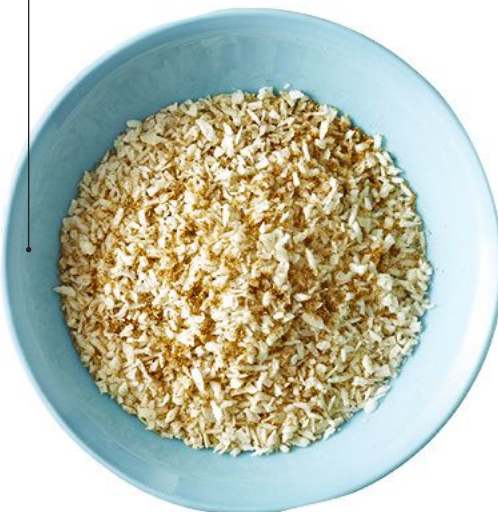
140 cal, 7 g fat (0 g saturated), 5 g protein, 13 g carb, 0 g sugar, 3 g fiber, 854 mg sodium, 0 mg cholesterol **per serving (crust only)**

##### crust

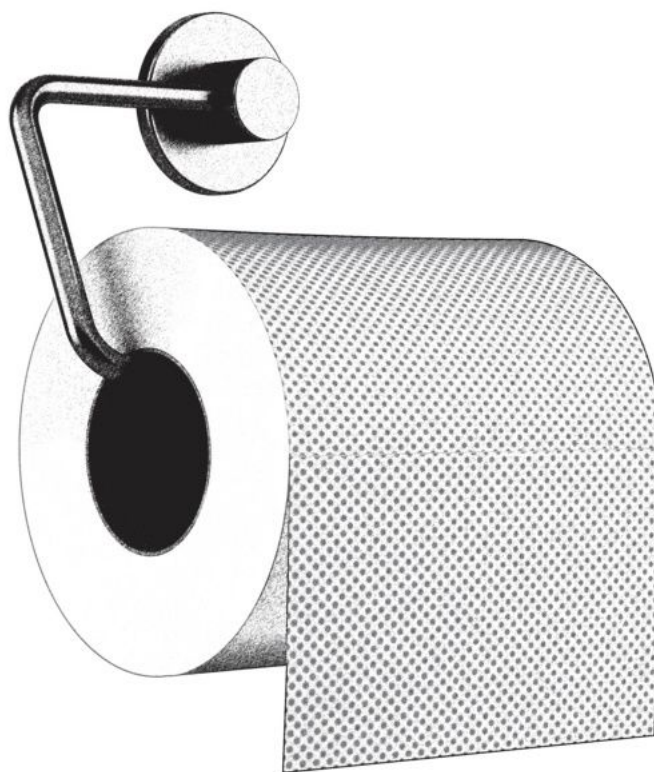
#### SPICED COCONUT

On a plate, spread a mix of 3 Tbsp shredded **unsweetened coconut** and  $\frac{1}{4}$  tsp **ground coriander**. Dip **salmon** or **chicken** into 1 lightly beaten **egg**, then coat with coconut mix, patting it on carefully.

172 cal, 15 g fat (10 g saturated), 7 g protein, 4 g carb, 1 g sugar, 3 g fiber, 77 mg sodium, 186 mg cholesterol **per serving (crust only)** ■







# START A MOVEMENT.

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October

1

## The View Outside Can Change Your View Inside

A walk in the park may help break those ugly cycles of self-criticism, suggests a new study by researchers at Stanford University. People who walked in settings dotted with greenery, trees, and hills had lower activity in the part of their brain associated with negative rumination—specifically, the tendency to brood over stuff we don't like about ourselves—than those who took jaunts on urban sidewalks. Next time you're beating yourself up over a work blunder or an awkward run-in, bundle up and wander somewhere green. That's where you'll find perspective.

# HOME + LIFE

OZ NEWS: LIVING

5 THINGS  
WE JUST  
LEARNED

Turn for 4 More





2

pro hack

## TAKE YOUR EYES OFF THE TUBE

Short of hiding your big, black TV in a cabinet, it's hard not to let it become the visual focus of a room. In their new book, *Lovable Livable Home: How to Add Beauty, Get Organized, and Make Your House Work For You*, DIY gurus John and Sherry Peter-sik offer a smart solution: Hang a collage of pretty picture frames around the screen. Then it becomes one element of many, instead of the centerpiece of your room—the same way TV should be a small part (not the main event) of a healthy day.



3

**Make Your Best Impression** Got something big to say? Speak it, don't write it, suggests a University of Chicago study. Recruiters perceived job candidates as smarter and more thoughtful when their pitches were verbal, not written. "Your voice conveys your humanity and intellect," says study coauthor Nicholas Epley.

### GIVING GLOW

This candle calms for a cause.

4

do good, feel good

## A HOME & HEART WARMER

Lush candles are a no-brainer way to bring the cozy to any space. Raven + Lily's hand-poured soy creations aren't just gorgeous—they're also made in the U.S. by formerly homeless women. Every time you spark one up, you're helping to provide those hardworking ladies with safe jobs and a sustainable income. Silver Lake: Mango + Grapefruit Candle, \$22, [ravenandlily.com](http://ravenandlily.com)



5

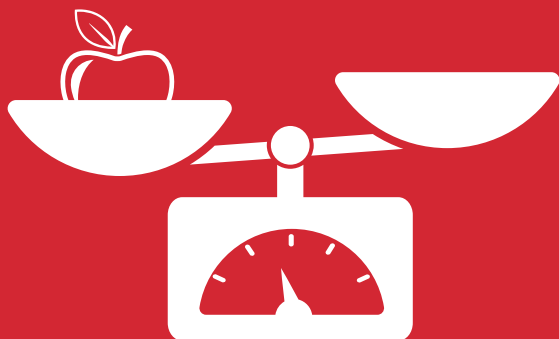


## Quality vs. Quantity in the Bedroom

If you ever worry whether you and your partner are getting busy often enough, relax: Happiness is more about having sex at your own pace than having a lot of it, says a new study by researchers at Carnegie Mellon University. Couples who doubled down in the bedroom were *less* enthusiastic and energetic than those who kept to their normal routine—i.e., did it when they were feeling frisky. And those couples reported better moods *and* sex. Stop trying so hard; frequency might be overrated.



# AN OUNCE OF PREVENTION



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ADAM LEVINE

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Choose natural allergy relief!







Photographed by  
Burcu Aysar

## Stories from Your Jewelry Box

**Fish through your treasure trove** for hand-me-down pieces. You might not find anything that would score a payday on Antiques Roadshow, but your grandmother's locket or father's ring are still precious. **"They're physical reminders of your family's stories,"** says Robyn Fivush, Ph.D., director of the Family Narratives Lab at Emory University. Her research suggests that people who connect with their heritage may be more self-confident and resilient, and the seven women on these pages agree. Find out how their **cherished heirlooms** link them to the past and brighten their future.



## < “She left me a legacy.”

KAREN BATCHELOR, 64  
DETROIT

I’ve always felt connected to my grandmother Hazel, though she died before I was born. So her locket is very special to me. She was a strong woman. Her father was black and her mother was white, and they were ostracized by some family members. Hazel was the first woman in our family to graduate from college, in 1917. At the time, that was unheard of! But it started a pattern: My mother went to college, and I went to law school. I was inspired to take some bold steps that maybe I wouldn’t have otherwise.

Throughout my life, that’s anchored me. In ninth grade, for example, I was one of four black kids who integrated a school on the east side of Detroit. At that age, the only thing you want is to be accepted, and nobody would talk to me. It was the worst year of my life. I remember coming home after two weeks, in tears, and asking my parents, “Why are you making me do this?” And my dad said, “Because somebody has to.”

That’s been in my head anytime I’ve taken a risk since. I have a family legacy of people, like my grandmother, who did what they needed to do. The locket lets me carry that determination with me.

“My dad’s company made beautiful cloth. We keep his ring wrapped in a piece of it.”

—Maria Azua



## ^ “It helps me hold my dad close.”

MARIA AZUA, 23  
WEST NEW YORK, NJ

This ring is my good luck charm—every time I wear it, I swear something unusually fortunate happens! My father bought it after he moved here from Ecuador, saving up money from his first job. He’d let me try it on sometimes when I was little. My mom worked an evening shift, so it was my dad who took me to music classes, ballet classes, the park. He was a huge part of my life. When he passed away

suddenly from a heart attack five years ago, I was beyond devastated. Today, my mother lets me borrow this ring anytime I want to feel closer to him—especially on important days, like when I’m presenting a huge project at work. It always reminds me of how much my father loved his family. No other piece of jewelry could mean more to me than that.

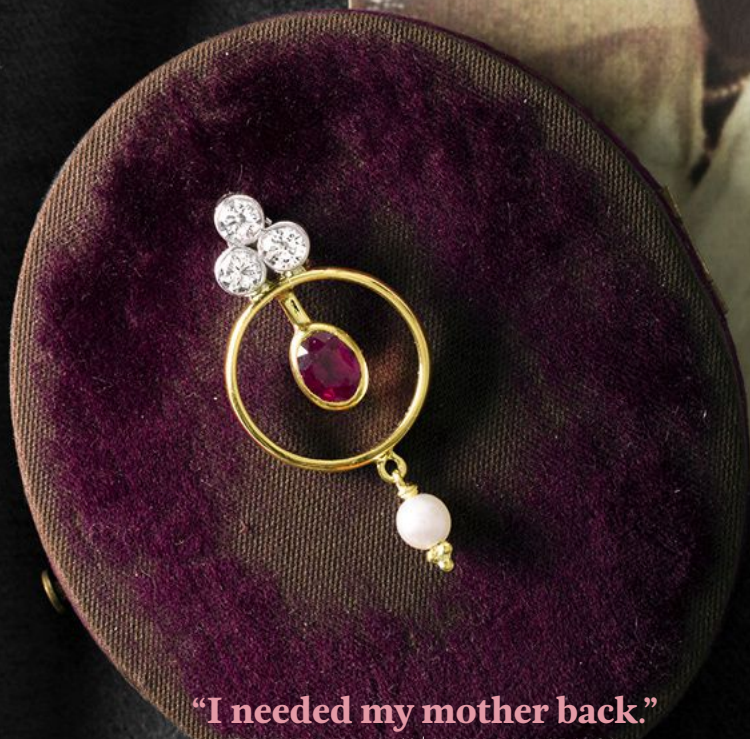
### TAKE TWO

My grandmother left my mother a fantastic ring—a dome of green chrysoberyl cabochons, with a diamond in the center. But it’s important to know that my grandmother was someone no one particularly liked. My mother, on the other hand, is wonderful, and she wore the ring before passing it along to me. So I decided to think of her when I wear it. The ring is objectively stunning. And now it’s been emotionally laundered. —Sloane Crosley, 37, author of *The Clasp*



***“When I wear it,  
people ask me  
about the pendant,  
which gives me  
a way to tell my  
mother’s story.”***

***—Debra Uyesaka***



### ***“I needed my mother back.”***

DEBRA UYESAKA, 62 | SANTA BARBARA, CA

In 2010, during a big decluttering, I asked a local jewelry designer to come over to see if she wanted to buy some pieces I never wore. We came across my mother’s wedding ring in an old jewel box. It was the only thing I had left of hers: She died when I was 15 after being bedridden for years, and after that, nobody really talked about her—not my siblings or my father, who remarried. It wasn’t until decades later, after my father died, that I learned she’d actually committed suicide. Shame had

erased her from our lives. So when the designer and I found this ring, I said, “I wish there were a way that I could wear this,” and she said, “Let me try something.” Weeks later, she came back with this beautiful pendant. I just couldn’t stop crying; it was like my mom was there again. I wear it daily now. When my daughter got married, she pinned it inside her dress. My son’s bride wore it in her hair; she said she could feel my mother’s presence. It’s like my mother has been brought back to me.



## “I’m awed by her strength.”

KATY MITCHELL, 36  
SAVANNAH, GA

My grandmother was a nurse, so it was important that she have a watch on her at all times. But she’d been born in Mississippi in 1905, and in her day, it was considered “improper” for women to wear wristwatches. Plus, she was already self-conscious about being 6 feet tall. She got made fun of all the time, so I guess she didn’t want to draw any more attention to herself! That’s why she got this watch necklace. When my parents asked about a year ago if I wanted any family jewelry,

I knew this was the piece. The watch reminds me that my grandmother had to go through things that I’ve never had to, and she found a way to endure it all so gracefully. Years later, when I grew into her tallest grandchild, she taught me to be proud, keep my chin up, and never to slump. She was a pretty cool lady!

## ALWAYS WITH ME

Coming from a large clan in the Dominican Republic, I only received one piece of the legacy jewelry in *la familia*, a medal of La Virgencita de la Altagracia, the country’s patron saint and my name saint. She came with me when my family fled the dictatorship for Nueva York, pinned to my undershirt. Together, we learned English, got into college, wrote my books, and found my true love. Now I’m at that stage of life when I’m thinking of who will get my own jewelry. But there is one piece I’m going to be taking along on my last big life change.

—Julia Altagracia Alvarez, 65, author of *In the Time of the Butterflies*

## THERE IN SPIRIT

My daughter, Daisy, was thrilled at age 8 when Grandma gave her a diamond-and-sapphire flower pendant that had been an anniversary gift from my dad. I was less enthused. Daisy could hardly keep track of her left shoe, let alone a valuable heirloom. I let her wear it whenever she wanted, though (I figured anyone who saw it would think it was a gumball-machine fake), as long as it ended up in my jewelry box at the end of the day.

Amazingly, she never lost it.

Daisy is 12 now, and my parents are in their late eighties. For the past few years their entire focus has been on staying healthy enough to make it to their granddaughter’s bat mitzvah. They live half a continent away from us, though, and it’s become apparent that they can’t make the trip. I won’t pretend this has been easy. But on the day in our culture that my daughter takes the symbolic first steps from childhood into womanhood, she will do so with that sapphire-and-diamond flower sparkling around her neck. In that way, truly, my parents will be there, watching as their granddaughter blossoms. —Peggy Orenstein, 53, author of *Cinderella Ate My Daughter*



“My grandmother wasn’t a rebel. But she was independent and hardheaded, like me.”

—Katy Mitchell





science says

WOMEN WHO  
DESCRIBED THEIR  
HOMES AS  
CLUTTERED HAD  
UNHEALTHY LEVELS  
OF A HORMONE  
LINKED TO STRESS,  
SAYS ONE STUDY.

## THE GOOD LIFE GUIDE TO

# DECLUTTERING

We're not the mess police—who cares about the dog toys on your floor or what's going on in the basement? But when the jumble is hurting your health, we're here to help.

BY MIRANDA CROWELL PHOTOGRAPHED BY MARK LUND

### give it a spin

A lazy Susan makes it easy to grab your most-used ingredients. (Just don't deck it out with junk food!)

IT'S WAY EASIER  
TO PREP FRESH  
INGREDIENTS  
ON A CLEAN  
COUNTERTOP.



Sorting through the paper piles around the house has been “next on your list” since 2013; a pantry misstep might trigger a snack-packet downpour (call it *Cloudy with a Chance of Cheese Puffs*), and your closets are best approached with a headlamp. Don’t take any of this personally: Clutter sneaks up on the best—and busiest—of us. Left unchecked, though, a home stuffed with stuff can mess with your health.

“When people talk about clutter, they say things like ‘I can’t breathe,’” says professional organizer Peter Walsh, author of *Lose the Clutter, Lose the Weight*. “On some level, they realize it’s not good for them.” In fact, research suggests that overrun spaces lead to stress and messy kitchens inspire less-healthy food choices.

Now, nobody’s saying you need to go modern-art-museum minimalist on your home. (You can pry our junk drawers out of our cold, dead hands.) But it’s worth cracking down on clutter that can drag down your well-being. We called in a team of experts to ID the hot spots that matter and share their quick and easy fixes. Emphasis on *quick* and *easy*.

## KITCHEN COUNTER

**The problem** A junked-up counter can translate into an unhealthy diet. One 2011 study found that people who had candy, cereal, dried fruit, or soda on a visible surface in their kitchen weighed 9 to 26 pounds more than those who didn’t. (Whoa.) Not to mention that a counter covered in tchotchkes and mail doesn’t exactly summon your inner Julia Child.

**Fix it** “Counters should be used for food prep, not storage,” says Walsh. “All food gets put away, and to pare down on gizmos, put them all in a box. When you use one, bring it back out, but after a month, much of what’s left in the box is probably useless. Take it to Goodwill.” (Or stash it in the basement. We won’t tell.)

### SHOP IT!

This page: Hemsmak and Burken jars (from \$3, *Ikea stores*); 3-Tier Bamboo Expanding Shelf (\$30, *container store.com*). Opposite: White Marble Lazy Susan (\$15, *world market.com*).



## PANTRY & CUPBOARDS

**The problem** The temptation of one tucked-away bag of chocolate chips? Manageable. But the average person has snack foods stashed in four to five different spots, according to Brian Wansink, Ph.D., a professor of marketing and consumer behavior at Cornell University and the author of *Slim by Design*. When they’re all easy to access, it’s a problem. “If you’re staring down junk food every time you open a cupboard, you face the decision of whether you want that food or not,” he says. “Eventually, you’re going to cave.”

**Fix it** You don’t have to eighty-six the chips, but Wansink does recommend rearranging the shelves so the first foods you see are healthy ones. Just bring the good-for-you stuff forward, he says, “and if a particular food is your Waterloo, put it in the deepest, darkest corner of your cupboard.” For extra credit, simplify healthy meal prep by rearranging ingredients so they’re easy to see and grab, says Chicago-based pro organizer Amy Trager. She uses a combo of a lazy Susan, tiered shelf-topppers—like stadium seats for your shelves—and clear containers that let you know when it’s time to hit the supermarket.



## ENTRYWAY

**The problem** Without a defined spot to stash your shoes, you might just keep them on...a habit experts want us all to break. “Your shoes can track pollution from the outdoors that can be bad for you to breathe in,” says Janice Nolen, assistant vice president of national policy at the American Lung Association. That includes contaminants like lead, as well as cold and flu germs.

**Fix it** By wiping your feet on a doormat and leaving your shoes at the door, you can reduce the amount of chemicals tracked inside the house by roughly 60%, says the Environmental Protection Agency. To make your entryway more organized and attractive, stash your shoes in a bookcase. “It’s prettier than many solutions designed just for shoes, and you’ll actually use it,” says professional organizer Susan C. Pinsky, author of *The Fast and Furious Five-Step Organizing Solution*. Keep your less-precious kicks, like rain boots and flip-flops, in a basket at the door.

**BASKET PERK: IT DOUBLES AS AN UMBRELLA STAND.**

**top it off**

OK, we can’t prove that a pile of mail would hurt your health here—but it’s a much prettier pedestal for your favorite bag, no?

**SHOP IT!**  
Handled Storage Basket (\$102 as shown, [birchlane.com](http://birchlane.com)); 3-Shelf Trestle Bookcase Espresso (\$55, [target.com](http://target.com))



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## NIGHTSTAND

**The problem** “The calmer your bedroom is, the easier it will be for you to relax,” says sleep specialist Michael Breus, Ph.D. A nightstand piled with paperwork, last week’s water glasses, and a jumble of electronic chargers won’t put you in a snoozy state of mind. Beyond disturbing the peace, though, nightstand clutter can also be a magnet for dust. “We spend a third of our life in bed, so you want that nightstand surface to be pristine,” says Alicia Elkin, spokesperson for the Asthma and Allergy Foundation of America. Even if you’re not sensitive to dust, an allergy can develop over time with exposure.

### zen zone

A sparkly clean bedside table: It’s the new glass of warm milk before bed.

LESS JUNK  
COULD LEAD TO  
MORE ZZZ’S.





**Fix it** Clear the nightstand surface of everything but the essentials—a glass of water, an alarm clock, and a lamp—to keep dust at bay and make it an easy-to-clean surface. For the little things you want on standby at bedtime, work your nightstand drawer, says Erin Rooney Doland, editor in chief of the website Unclutterer. “Set up the top one with an organizer, so things like eyeglasses and earplugs can have a home.” And banish the cellphone or iPad from your nightstand—experts believe that screen time before bed (not to mention checking email in the middle of the night) hurts your sleep.



**DR. OZ SAYS...**  
*Sleep is my most important asset, so clutter on the nightstand is a no for me. But I do keep stuff on the desk—I can unfold a screen to hide the chaos.*



**THE LAST THING YOU  
 NEED WHEN YOU'RE  
 SICK? A MIDNIGHT  
 SCAVENGER HUNT.**

## MEDICINE SUPPLY

**The problem** When you have a throbbing headache, rooting through a mess of pill bottles definitely doesn't help. (Even worse: You finally find the bottle you need, and the pills inside are expired. Oof.) That's why it's so important to keep your health supplies organized. It turns out that your medicine cabinet isn't the ideal spot for meds in the first place. According to the National Institutes of Health, they should be kept away from moisture—which is tough to do if, like most medicine cabinets, yours hangs right over the bathroom sink.

**Fix it** Relocate your meds to somewhere dark and dry, like a hallway closet, says professional organizer Donna Smallin Kuper. Grab some clear boxes, and cluster medicines by type or member of household—whichever you prefer. She recommends labeling the boxes, and even writing expiration dates on bottles with a Sharpie, so it's easier to take stock of exactly what you have. This method comes with an added clutter-busting bonus: Once you've moved your medications out, your skin, hair, and dental stuff can hop from the vanity into the medicine cabinet.

### SHOP IT!

5-Piece Drawer Organizer Boxes (\$29, [bedbathandbeyond.com](http://bedbathandbeyond.com)); X-Ray Storage Box (\$11 each, [landofnod.com](http://landofnod.com))



**SHOP IT!**

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(\$160, [cb2.com](http://cb2.com))

**SET THE JUNK  
ASIDE. THEN SET  
THE TABLE.**

**pack the stack**

*Five pretty books? That's curated clutter. But everything else goes in the drawers at dinnertime.*

## DINING TABLE

**The problem** All too often, the dining table does double duty as the “gonna put this down for just a minute” catchall. But when that minute drags on, and the table’s blanketed by papers and bills, you wind up eating dinner on your TV-room couch. That’s a problem, because “meals in front of the tube lead to mindless eating,” says Wansink. He’s found that people tend to consume more food in front of the TV than they do at the table.

**Fix it** To reclaim your dining table as a space dedicated to eating, “you need to figure out the logjams that are creating clutter and handle those with portable solutions,” says Lorie Marrero, founder of the Clutter Diet, an organizing service. For example, if you pay bills at the table, get a rolling filing cart; if the surface doubles as a work desk, get a caddy for your office supplies. That way, come dinnertime, you can roll or tote work mess out of sight.

**bright idea**

**TRIATHLON COACH MARTY MUNSON (ALSO OUR FAB DEPUTY EDITOR) TURNED A CABINET INTO A WORKOUT STATION WITH HER GEAR SPLIT INTO GRAB-AND-GO PILES.**

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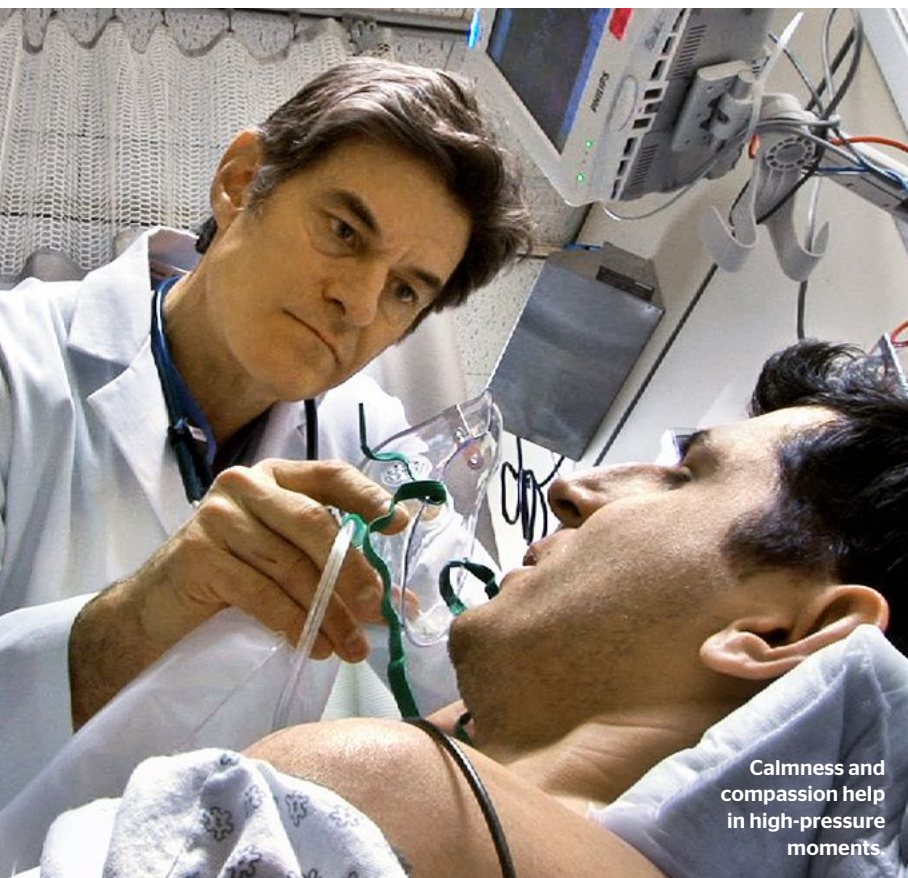
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## EMERGENCY? HANDLE IT LIKE A PRO

If a medical crisis happened right in front of you, would you know what to do? Doctors are called on to take charge of these situations everywhere from planes to dinner parties, so we get plenty of practice. In the past year alone, I've pulled over on Interstate 95 to tend to car accident victims and aided a woman who collapsed at a Florida mall where I was speaking. But you don't need an M.D. to respond well; in both of these situations, I was impressed by how clearheaded and compassionate the people on the scene were. At the mall, they pitched right in—one person dialed 911, another ran for candy in case we needed to boost the woman's blood sugar, and another brought water without my even asking. In an emergency, you can do the most good when you've thought through how to react in advance. Keep these guidelines in mind:

### **First, bring in the experts.**

Call 911 and stay on the line until the dispatcher says you can hang up. Also, it's always smart to use the classic plea, "Is there a doctor—or nurse—in the house?"



### **Spiderweb the help.**

Give a task to anyone around and feel free to act bossy. ("Hey, you in the blue shirt" or "You over there, go talk to the family and ask them what they need.") Assign someone specific to call 911 if you can't or have them find a first aid kit: People are looking for leaders and roles. Divide the duties without waiting for a bystander to volunteer.

### **Speak slowly.**

Especially in tough situations, people crave calmness, and your inner second-grade teacher can cool down the whole environment. Lowering the tension with a modulated voice not only allows you to make better decisions, it also helps others feel more confident to join in and help.

### **Get the story.**

Being able to quickly summarize the situation for the emergency team can save valuable time. Ask the injured person if she has any medical issues such as seizures or diabetes. Find out her age, how her body feels, and if she remembers what happened, and relate all of that to the ambulance crew or police when they arrive at the scene.

### **Do what you can.**

Don't shy away because you don't "know" what to do. Some actions to take: Stay with someone after a fall to make sure he doesn't move. Bring a blanket to a family waiting on the shoulder of the road, or set up flares. Reassure the family that aid is on the way. Hold a frightened person's hand. I've discovered that comfort is mostly about giving hope, so even a supportive glance can be useful. Everything you do helps, no matter how seemingly small.

## The Training We Should All Get

I believe everyone should be certified in CPR. Bystanders who do it can double or triple someone's chances of surviving cardiac arrest, yet less than 3% of the population gets trained each year. You can become certified in just a few hours. Need a refresher? Review the American Heart Association's simple, two-step Hands-Only CPR method ([heart.org](http://heart.org)) so you'll be less hesitant to use what you know.



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